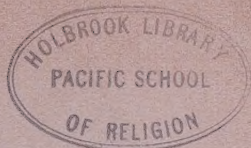


OCTOBER
1952

THE
INTERNATIONAL



STUDENT

In This Number - -

The Intercollegiate School
At Toronto

Renewing International Cooperation

International Council of the I. A.

The Problem, The Facts and
the Responsibility

Alcohol Education at a State
Teachers College

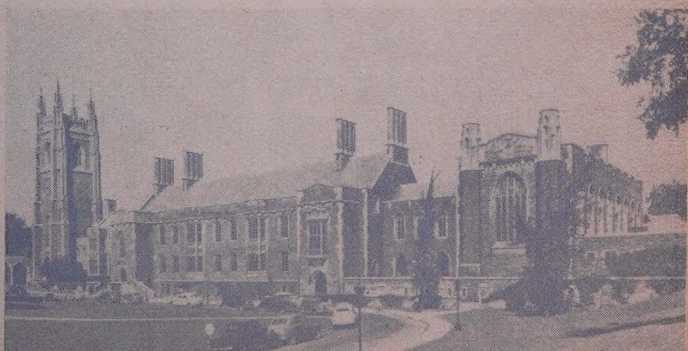
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THE INTERNATIONAL STUDENT

October, 1952

Vol. 50, No. 1

HARRY S. WARNER, *Editor*

Purposes and Program

Of the Intercollegiate Association

1952-53

- Promote study and discussion of the Alcohol Situation and Problem by college students, teachers, and alumni in an objective search for truth.
- Cooperate with student leaders and faculty members in movements toward solution.
- Make available basic scientific publications of college level for reading and study.
- Extend the circulation of THE INTERNATIONAL STUDENT in colleges and among educators.
- Conduct Editorial Contests to encourage study, effective writing, and service by students.
- Provide high grade speakers for colleges.
- Arrange for qualified students to work with student groups and non-college young people.
- Cooperate with student leaders and faculty members in movements toward solution.
- Conduct the annual INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES for students and their leaders.

THE INTERNATIONAL STUDENT, organ of THE INTERCOLLEGIATE ASSOCIATION FOR STUDY OF THE ALCOHOL PROBLEM, is issued six times a year, in October, November, January, February, April, and May.

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Intercollegiate School At Toronto

SEEKING TO SHARE freely in objective study and discussion of the many perplexing questions regarding alcoholic drink, as they confront thinking younger people today, college students and faculty members from 34 universities and colleges of Canada and the United States, gave a week to this very emphasis at Victoria University, affiliate of the University of Toronto, August 24-29th.

Facing the problem as it appears on the college campus in North America and in its related social and personal aspects, the program of the school led, also, to the consideration of alcohol in present-day culture, its character and consequences, and of educational activities that can be effective aids toward improvement and solution of the situation. These purposes were sought in the following ways: By means of the latest scientific information brought by internationally known scientists; study of the motivations, and of personal and social conditions back of the problem made available by the lectures of experienced psychologists and sociologists; by field visits to examine the results of alcohol in a prison rehabilitation center and the activities of the A. A.'s; by free discussion in daily seminars on college problems, attitudes and counseling; by group discussion of the questions that relate to the minister and the church; and by reports of what is being done by college educators in their own fields.

Held in Emmanuel College, Victoria University, the School was the third annual to date sponsored by The Intercollegiate Association for Study of the Alcohol Problem. It followed those at Otterbein College, Ohio, in 1950, and Cornell, Iowa, in 1951. In attendance, range of attendance, and international fellowship among stu-

dents it was particularly successful. Of the 68 receiving certificates for full-time participation, more than two-thirds were students, college, graduate and theological; faculty members included professors, deans of men and deans of women; ministers, high school instructors and all others attending were related, directly or indirectly, with education on alcohol at the high school or young adult level.

In range of attendance, students and faculty members come from colleges as widely distributed as Mount Allison in New Brunswick, Provincial Normal in Manitoba, the University of British Columbia, Benedict and Columbia in South Carolina, State Teachers at Bemidji, Minn., Cornell in Iowa, Boston University, Bates College in Maine, and Union in Kentucky. Ohio, Ontario, South Carolina and Virginia were most largely represented.

The Lectures

Basic scientific information was brought to the School by Dr. Andrew C. Ivy, Vice President of the University of Illinois, Chicago. The psychological and social backgrounds of the problem were covered by Dr. Albion Roy King, head of the Department of Philosophy, Cornell College, Iowa; Professor Howard G. McClain, Columbia, S. C. and Rev. Wayne W. Womer, Richmond, Va., Secretary of the Alumni of the Yale School of Alcohol Studies. An all-over view was presented by Dr. Harry S. Warner, and the realities of Alcoholism and the difficulties of cure, by H. David Archibald, of the Toronto Alcohol Research Foundation. The approach in the colleges today was discussed by Rev. John Linton. M. A., Dr. King, and Mr. Womer; a study of the wide-spread non-alcohol activities of French Catholic young people by Mr. E. C. Piedalue, of the Centre Lacordaire Canadian, Montreal; inspiration for service, by Dr. George A. Little, national editor of the United Church of Canada, Toronto; and the effective closing address by Wayne Womer, all coordinated with the four two-hour seminars that met each afternoon. Two of these seminars were wholly for students, one for ministers and seminary students, and one for the older members of the School. To these

scheduled parts of the week, must be added the constant succession of spontaneous discussion groups and "bull sessions".

At the first session, Sunday night the 24th, Dr. A. Dawson Matheson, Principal of Emmanuel College, in his welcome address, emphasized the vital need of serious objective study of the liquor problem, in view of the influences and pressures that come out of it into the social and political affairs of many citizens. He expressed the view that many subtle forms of advertising are seeking to break down the resistance that has been built up through the years in many homes.



Stanley F. Knock, Jr.
Chairman of the
School

The objectives of the School, from the view-point of a college student were keenly outlined in a talk by L. T. Hathaway, Jr., a senior at Randolph-Macon College, Ashland, Va., and from the view-point of the Intercollegiate Association by Stanley F. Knock, Jr., of Washington, Chairman of the School.

Throughout the week, the student staff, under the leadership of Mr. Knock, conducted the daily schedule of lectures, seminars and social and recreational activities, looked after registrations, provided games and student "broadcasts" at dinner periods, led devotions and co-operated in excursions through the National Museum, over the campus of the University of Toronto, with its many associated colleges, the Casa Loma and the National Canadian Exhibition which was being held in Toronto.

Basic Facts in the Situation

Seeking to clarify the need for serious study, on the part of responsible citizens, of the realities of beverage alcohol in the life of today, Dr. Andrew C. Ivy, in two lectures, brought out the basic scientific information relating to the 3,000,000 addicted drinkers and the

1,000,000 chronic alcoholics in the United States today. This vast number, he indicated, makes alcoholism the No. 4 Health Problem of America. He said that the number of afflicted is increasing at the rate of 200,000 a year and health authorities of the continent are becoming alarmed, for alcoholism is a serious disease that cannot be cured. The conditions in Canada, it is understood, are generally parallel to those in the United States.

Surveys recently taken, said Dr. Ivy, disclose the information that 65,000,000 of the 100,000,000 population in the U. S. over 21 years of age, have taken alcoholic beverages. Of this number, 45,000,000 are occasional drinkers and 10,000,000 take a drink three times a week or daily. There are now 3,000,000 heavy drinkers who drink to drown their sorrows or to gain a sense of release; these can quit, if they want to do so.

No Complete Cure

In the million chronic alcoholic cases mental and physical deterioration has taken place; therefore complete rehabilitation is not likely to follow. Dr. Ivy suggested that these sufferers be placed on institutional farms where they would live better and be able to produce enough for their own maintenance. "This would clean up about 60% of the skid rows of our cities."

Present Trend is Toward One in Five

In fifteen years from today, if the present trend in statistics continues, one out of every five adults in the United States who are now drinking will be an alcoholic. And Canadian incidence to alcoholism, say Canadian authorities, is about the same as that of the United States.

"Alcoholics are increasing at the rate of 250,000 a year in the U. S.," said Dr. Ivy. "Moreover besides our problem drinkers we have 800,000 citizens maimed each year in accidents caused by drunk or drinking drivers. If this increase in drinking continues, instead of one

(Continued on page 18)

Renewing International Cooperation

In Collegiate Study of the Alcohol Problem

ON APRIL FIFTH the annual meeting of the Intercollegiate Association in Columbus voted to join at once with a new educational movement of similar character that has been growing rapidly in Canadian colleges during the past year or two. Thereby a step was taken toward renewing international connections on the alcohol problem at the college level, and cooperating with those in other countries as had been done, for eighteen years or more, previous to the world depression and World War No. II.

This action of April 5th came as a sequence of the participation of Canadian students and national leaders in the Intercollegiate Schools of 1950 and 1951; their invitation to come to Canada in 1952; and the two or more cross-continental tours among the universities and colleges of Canada, from Montreal to the University of Vancouver, and back again, by Rev. John Linton, of Toronto in 1951-1952, who conferred widely with faculty members, presidents, student Christian executives; gave talks and lectures and shared in discussion groups in thirty or more colleges, universities and theological seminaries. This wide-spread activity was supplemented by a series of addresses in the colleges near and in Toronto by Dr. Albion Roy King, in mid-winter. As a result, the conviction came that the time was ripe for a new approach in the colleges of Canada that would be basically scientific, objective and in harmony with recent educational thinking. Quite generally there was found growing interest and a concern that something be done that would fit the needs of today in the college.

As a basis for cooperation it was voted, with Canadian members present at the annual meeting, to amend the constitution of the Intercollegiate Association, change the name of the governing body from "National Council"

to "International", add a Vice President for Canada, to be nominated by Canadian members, enlarge the Executive Committee and add Canadian student members at the mid-summer meeting to the Council.

On these college visits it was found that the study and discussion activities, the editorial contests, especially the Intercollegiate School of Alcohol Studies, and much of the philosophy and program of the Association were common to all colleges and would serve no less acceptably in Canadian than in American college communities. With these as a beginning others more definitely related to Canadian conditions would develop later. One result of this beginning, was the attendance of students from Canada at the School in August, in high proportion to those from the United States where the movement has been of longer development.

As a consequence of this modern approach by Mr. Linton, the problems of alcohol are now coming up for more favorable attention in universities and colleges of Canada, in all probability, than ever in the past.

Additional Steps

The meeting of the International Council, at the close of the School on August 29th, elected Barbara Anne McNutt, student at Mt. Allison University, Sackville, N. B. and two faculty members, Mrs. Katherine Egner, University of Western Ontario, London, and Dr. John A. B. McLeish, Professor of Education, University of British Columbia, Vancouver, to the International Council. Headquarters have been set up at 11 Prince Arthur Ave., Toronto 5, Ontario, Rev. John Linton, Executive Secretary for Canada.

Earlier International Activities

This renewal of international cooperation in the Intercollegiate Association, is similar in spirit and fellowship to that of years ago when a great series of International and World Student conferences on the problem of alcohol and its influence in academic life and the cultures of Western civilization, were held each two or three years. Among them the following may be noted:

Karlstad, Sweden, July 1920; the annual summer conference of S. S. U. H., the Swedish Student Temperance movement, with representatives present from colleges and universities of other North European countries, Germany, Switzerland, and the Intercollegiate Association of the United States. Here steps were taken toward forming an international organization.

Lausanne, Switzerland, August 1921; a conference of students, and faculty members from the Scandinavian countries, Great Britain, France, Central European countries and the United States. Here the World Student Federation Against Alcoholism was formed; Dr. Courtenay C. Weeks, London, President; Onno van der Veen, University of Leiden, Holland, Secretary; Harry S. Warner, Chicago, Ill., U. S. A., International Secretary.

Toronto, Canada, November 1922; a section of a great World League Against Alcoholism convention; students from 34 countries then enrolled in American and Canadian colleges participated in this conference.

Copenhagen, Denmark, August 1923; a conference of three days by the World Student Federation Against Alcoholism; 16 countries represented.

Tartu, Esthonia, July 1926; meeting of the W.S.F.A., student and faculty members from 16 countries, Baltic states adding extra attendance.

Winona Lake, Indiana, U. S. A., July 1927; a student section of the Convention of the World League vs. Alcoholism; students from Europe, South America.

Antwerp, Belgium, August 1928; American, British and many continental universities and colleges; a World Student Federation vs. Alcoholism convention. 18 countries represented.

Helsinki, Finland, 1931, at the University of Helsinki; a North European (Scandinavian) international Conference; student visitors from European countries; two from the Intercollegiate Association of the United States.

Warsaw, Poland, September 1937; Fifth Convention of the World Student Federation Against Alcoholism, at the University of Josef Pilsudski; 80 students and 30 professors from 11 countries attending; Dr. Courtenay

C. Weeks, London, England, in charge.

Helsinki, Finland, July 30, 1939; Sixth Convention of the World Student Federation Against Alcoholism, at the University of Helsinki, just previous to the outbreak of war. A resolution adopted called for "better relations between the students and teachers . . . in each country in order that cultural life may be made free from alcohol" and to develop "a social feeling of responsibility" on the part of students and university alumni. (**International Student**, Nov. 1939).

World Student Federation

Initiated by Swedish, Norwegian and American student leaders, attending the summer school of S.S.U.H., the Swedish Student Temperance movement, at Karlstad, Sweden, in July 1920, the World Student Federation Against Alcoholism was formally organized at Lausanne, Switzerland in August 1921. Dr. Courtenay C. Weeks, M.R.C.S., British scientist, writer, surgeon and speaker to students and teachers, a specialist to the scientific aspects of the problem, was elected President; Onno van der Veen, student at Leiden University, Holland, Secretary, and Harry S. Warner, Chicago, Ill., U. S. A. International Secretary. Sigfrid Borgstrom, University of Uppsala, Sweden, and Robert Joos, University of Zurich, Switzerland, were members of the first Executive Committee. From that date, to the outbreak of World War II, the W.S.F.A., continued active international leadership in this particular field, including, in addition to the countries of Europe, Great Britain and the United States, student activities in Brazil, and Uruguay, and in China and Japan. Dr. Weeks was president throughout the period, and Harry S. Warner, International secretary and editor of **The International Student**, informal organ of the movement.

OBJECTIVE, unprejudiced study of the problem of alcoholism in modern living is surely the most promising approach to the solution of the problem. —Dr. Sidney Smith, President, University of Toronto.

The Intercollegiate Association

For Study of the Alcohol Problem

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 Blanche Yarbough, student, Columbia College, South Carolina

MEN DRINK to feel warm when they are really cold, to "feel good" when conditions are not good, to feel emancipated from those reserves and restraints which are the essence of character building. Alcohol is a depressant, appearing as a stimulant mainly because it checks the highest nerve operations first. Its influence impinges on the chief mental functions: sensation, reason, motion. It leaves its subject uncertain as to what he sees or feels, hazy as to cause and effect, and unsteady as to resultant action.

No man of high purpose can afford to endanger in any degree the validity of those mental processes which register reality.

—DAVID STARR JORDAN, Former President of Stanford University.

Excerpts From The Seminars

Student Counseling and Alcohol Problems

Albion Roy King, Resource Leader

ON THE FIRST day of our seminar we discussed the various regulations and problems on the campuses of the colleges represented in the group. These ranged from those in large universities, such as Ohio State, to the small church-related college, such as Erskine. Other colleges represented in the group were Carleton at Ottawa, Madison in Virginia, Columbia in South Carolina, Miami University in Ohio; and Goshen in Indiana. Notwithstanding the wide differences in college background, there was agreement that the situation regarding drink is greatly complicated in many colleges by the absence of consistency in the administration of college rules: that this is due, largely, to local traditions and other local factors.

The larger part of the week the group discussed counseling—as of one student to another. The following are suggestions, regarded by the group as suitable ways for students to be helpful to fellow-students on return to college:

1. **Counseling.** It is when one is in trouble that the opportunity comes to be a friend to another; such opportunities often come to students. Seek release of tensions in the one who needs help and in oneself by an attitude of listening and humility, rather than talking; seek insight of the problem itself and later the troubled person will arrive at a solution as a result of such aid. A good counsellor will not be horrified at anything brought up. If he finds that he is not qualified for this job he will refer the person in need to one who has the experience and understanding for it.

II. **Study** of the alcohol problem should be greatly encouraged. This may be done through (1) formal discussion—with an outsider such as an A. A., as leader; (2) informal discussion, whenever the occasion arises; have many “bull sessions”; (3) students may look into the curriculum and seek to establish a course of instruction, on the alcohol problem.

III. **Personal influence**, thought and meditation. The importance of personal influence must not be overlooked. A student can help greatly by supporting non-alcoholic activities and by showing that he can have fun without alcoholic beverages.

—The Group Secretary.

Student Community Service

Wayne W. Womer, Resource Leader

DISCUSSING the question often asked: "Why do You Drink?" the group found the main answer to be the simple one, "other students drink."

Another, "Should educational knowledge pertaining to alcoholism be given on the campus?" The answer was "Yes"—education that will have an influence off the campus and in later years.

Some aims that groups may have when sharing in or conducting educational activities, were listed as:

1. To aid in removing mis-information regarding alcoholic beverages;

2. To present facts objectively and to keep an open mind for new information.

3. To give an initiative or motivating purpose to the application of information individually and socially; to make factual information a part of daily activity.

4. In college to avoid dogmatic or forceful attitudes.

Areas into which educational activities on the problem can be integrated, were listed as lectures, seminars, informal discussions, programs in various societies, the college newspaper, cooperation with athletic leaders, and the use of suitable films, such as "Alcohol and the Human Body." Also, the subject might be included in religious emphasis week with one well-informed speaker; and in week-end seminars; an A. A. speaker may be used; and students interested may cooperate with the administration, creating a wholesome atmosphere near the campus, and by encouraging college churches to increase recreational and alcohol educational programs for their students.

—Charles B. Nunn, Jr., Group Secretary.

Theological Student Seminar

Rev. Howard G. McClain, Leader

FOR THE FIRST time in Intercollegiate Schools on the Alcohol Problem, theological students of various denominations attended at Toronto. This represented a significant step—for who needs a **comprehensive** and **objective** understanding of the alcohol problem more than the future minister?

This seminar was formed to open the way for the ministerial students to discuss from the view-point of Christian education and their own problems. The main theme through the week was: "What is the relation of the church to the alcohol problem?"

This question, it was agreed, can not be answered (in this group), because each church must meet the problem within its own particular situation. However, several general conclusions were reached:

First, all churches and denominations must have a philosophy of principles or objectives to present to the community. Second, a church should be disciplined to approach problems from the standpoint of their influence of the total community. Thus the alcohol problem is not just a problem in itself but has a definite relationship to the other social problems within the community. Third, the church is not mainly an institution of objective information on the alcohol problem, but deals with man's basic commitment to God and his personal relationship to his fellow man. Fourth there is a great need for literature, information, and techniques by which the church can reach the level of the common man. Fifth, both the church and the community must develop an understanding attitude, and neither a condoning nor a condemning attitude toward the alcoholic.

The four-point program of the Congregational Christian Church was presented to the group for thought and further consideration. These points are: (a) Voluntary drunkenness is wrong; (b) abstinence is a rule of prudence; (c) alcoholics are sick persons who need help; and (d) under certain conditions, social drinking may

be permissible. But the difficulty with the fourth point is that of defining the conditions.

This seminar, with its frank and free discussion, was extremely important to us who are preparing for the ministry, for it helped us to see more clearly some of the relationships of the church and the pastor to the alcohol problem. It is to be hoped that the School next year will see an increase in the number of theological students attending.

—Raymond M. Maggart, Wittenburg College, Group. Sec'y.

A Course at Colgate-Rochester

SEEKING TO PROVIDE opportunity for the new men entering each year in preparation for the ministry, to gain some basic scientific knowledge about the Alcohol Problem, the Department of Religious Education at Colgate-Rochester Theological Seminary, Rochester, N. Y., has been offering for three years a supplemental course on the subject for freshmen.

Each year an aspect that fits into the curriculum of the year and is of interest to young ministers, is selected; a specialist on the problem is engaged to conduct the class and this subject given him for particular attention. The aspects selected, usually, are those that relate to the personal problems and thinking of the students, the situations that they will meet in their parishes as ministers, and the attitudes and experiences that have come to some—and to many young men everywhere—from army experience.

The course, with lectures, research and workshops, may be short or long, depending on the needs of the curriculum in particular years, it is all on the graduate level and curriculum credit is given. During the three years Dr. Harry E. Titus, civic educational leader on alcohol studies and executive secretary of Allied Forces of Rochester, has been the instructor. As a result a better approach to the problem has begun to appear according to reports, in some of the parishes served by recent students who have taken the course.



THE INTERNATIONAL

INTERCOLLEGIATE SCHOOL

(Continued from page 6)

adult in nine among alcohol users who develop into problem drinkers, we'll have one in five incapacitated.

Education in Colleges

Recommending a greatly enlarged program among older youth and adults, Dr. Ivy proposed that a series of lectures be incorporated into college curriculums. "Look at the money that is spent to enlist 7,000,000 of our adult population into the ranks of problem alcoholics. Every year \$200,000,000 is spent to make drinking attractive, but no pains are taken to educate the public on alcohol." To help lessen the social pressures to drink, he said: "I would like to see a return of the tea hour and the tea gown rather than the cocktail hour and the cocktail gown."



GROUP AT TORONTO

As background to his lectures, Dr. Ivy used a large blackboard, filled with the statistical information made available in very recent years by the university and other research centers.

Making It Realistic

The program of three daily lectures, each followed by much questioning, took a decided step from the academic and non-emotional approach to the human and realistic, when the School as a whole visited, on invitation, first, the Brown Memorial Institute, a clinic for alcoholic criminals at the Mimico Reformatory, near Toronto, and, second, attended a session of a very vigorous group of A.A.'s at their regular Thursday night meeting. From first-hand and personal contact with these groups, there was gained an understanding of the deep realities of alcoholism in human living, and the serious efforts neces-

sary—and now being made—to gain freedom from it; also, by the testimony of many of the victims, a glimpse of the “skid-row” sort of living in which many of those who did not seek rehabilitation are continuing to live. And these, of course, constitute the vast majority of all alcoholics and heavy inebriates.

On the Mimico field trip, sponsored by the Ontario Temperance Federation, and the authorities of the prison, the School had an opportunity to see the working of an experiment, less than a year old, that seeks to give alcoholic prisoners a new chance after release. Manned by experts, psychiatrists, physicians, counselors and the penal director, and housed in a home-like, modernly furnished and beautiful building, the clinic is equipped for thirty-five men. These men, who do farm work, live in dormitories equal to or better than those of many college students, have an excellent cafeteria, and receive the daily care of counselors and scientific experts. There is also a spiritual emphasis and a small chapel is available to the men. Young men, nearing the end of their imprisonment, are given the option of spending the last thirty days of their term in the clinic and if they want to be free from the drink habit on release, they are given this high-grade aid toward doing so.

The director, in his address, based the significance of this experiment toward getting prisoners into better condition to return to citizen life, on the facts that 65% of the 67,000 convicts committed each year in Ontario, are in-temperate, and that the particular attention to alcoholics is a part of a larger program in the rehabilitation of prisoners. He said that the program recognizes that, not only must they take the treatment voluntarily, but also that they recognize—as do the A.A.’s—that they must give up drink completely. Cooperation is being received from ministers and others in getting the discharged men into jobs and looking after them. Results, so far, seem to be good, but the plan has not been in operation long enough to afford definite information, as men who have been heavy drinkers tend to slip back into previous social grooves and personal habits.

A Spirited A.A. Session

The visit to the A.A. meeting, in large contrast, gave a sense of hopefulness, success and good cheer; of alcoholism being overcome and of freedom found through fellowship, dependence on a higher power—and abstinence. For two hours, seventy students of Canada and the United States, professors, deans, young ministers and others working with them, shared in an exchange of experiences, basic philosophies and good cheer, with the greatest of frankness and freedom. Men and women of high intellectual and social standing, all A.A.'s, and others from the lower walks of life, shared ideas and overflowing emotions. This occurred, after two speakers of keen ability had given their life stories in large detail, to the accompaniment of coffee and doughnuts in a room-full of 150, nearly all talking at once. It was a rare opportunity for many of the visitors, to sit thus talking with these rehabilitated alcoholics who, now, are most concerned to help others—and thereby keep themselves sober.

The Seminars

The seminars each afternoon of four days, with twelve to twenty-five in each, centered attention on details and applications of the following themes:

“College Student Situations and Problems”

“The Educational Approach Today”

“Student and Community Activities”

“The Young Minister and the Alcohol Problem.”

The leaders of the groups were Dr. Albion Roy King, Rev. Wayne W. Womer, Rev. Howard G. McClain and Mr. Warner, with Rev. John Linton and Mr. Harry E. Titus cooperating.

At the closing session, a panel of five students analyzed, criticized and tried to evaluate the week as a whole, its successes and shortcomings. They were Walter E. Brightman, McMaster University; C. C. Caldwell, Erskine College and Seminary; Frederick D. Hoffman, Boston University School of Theology; Charles B. Nunn, Jr., Randolph-Macon College; and Blanche Yarbough, Columbia College.

The panel strongly recommended continuance of the

School as an international project for next year and the future.

Certificates of attendance were awarded to the 68 students, faculty members, ministers, teachers and experienced workers who completed the work in full, by Stanley F. Knock, Jr., chairman of the School, and Harry S. Warner, general secretary of the Association.

Award of the highest honors and \$750.00 in cash prizes in the Logan H. Roberts' Editorial Contest of 1951-1952, on the subject, "Can Education Solve the Alcohol Problem?" had a high place in the final session of the School. The awards were announced by Mr. Edwin H. Maynard, Chicago, Secretary and Contest Secretary of the Association, who presented certificates and prizes to those present, and arranged to mail them to winners who were not at Toronto. The winners of highest places are:

First: Marilyn Johnson, State Teachers College, Kearney, Nebr.; \$200.00; title, "Education and the Alcohol Problem."

Second: Sally Pond, Otterbein College, Westerville, Ohio; \$150.00; title, "Alcohol and Education."

Third: James E. Beskin, Roberts Wesleyan College, N. Chili, New York; \$100.00; title, "Educational Counterpunch."

Fourth (2): Roane Hill, Millsaps College, Jackson, Miss.; \$50.00; "Can Education Solve the Alcohol Problem?"

Lester Haspels, Sterling College, Sterling, Kans.; \$50.00; "We Can Solve the Alcohol Problem."

The closing address, "The Problem, the Facts and the Responsibility," by Rev. Wayne W. Womer, effectively rounded out the program of the week.

The fact that alcoholics in America are increasing at the rate of more than 50,000 per year, and that problem drinkers are increasing by more than 200,000 per year, should make all good citizens aware of an acute problem. This in spite of the high death rate among alcoholics and all new and effective efforts.—(Authority for figures, Yale School of Alcohol Studies.)

The Problem, The Facts and the Responsibility

By Wayne W. Womer

WE HAVE DISCOVERED during the past week that the use of alcoholic beverages in modern society does not create a single problem or a simple problem, but a series of problems—a personal problem, a family problem, a community problem, a medical problem, a moral problem, an industrial problem, an economic problem, a safety problem and legal and governmental problems. All areas of life are affected by the use of alcoholic beverages. I believe there are two distinct but related areas, the Problems of Alcoholism and the problems of so-called social drinking.

We have become aware of the extent of the use of alcoholic beverages in our country, that there are approximately 65 million people who use alcoholic beverages to a varying degree; 4 million alcoholics, and about 3 million additional users who are termed heavy or excessive drinkers; and that over 9 billion dollars was spent last year for legal alcoholic beverages. It has also been demonstrated that the most important effects of alcohol are psychological, that even small quantities affect the higher brain center and behavior is affected, and that individual problems are aggravated by the use of alcohol.

From the Christian viewpoint the individual has a responsibility in dealing with these problems. Paul writes: "We who are strong ought to bear with the failings of the weak, and not live to please ourselves." Sin is separation from God, neighbor and self. Anything then that separates us from God, will eventually separate us from our fellowmen and finally from ourselves. We of the Church are deeply concerned with all sound programs for the prevention of alcoholism, we rejoice in the excellent work accomplished by Alcoholics Anonymous in rehabilitating the lives of so many people. But

we also recognize that we must concern ourselves with prevention. As Christians we have the duty of example, and the further obligation of helping create a dynamic program of Alcohol Education on the campus and in the community. In our Seminars we discussed both methods and techniques for developing an Alcohol Education Program on the campus. This is our responsibility and our opportunity. We are deeply indebted to A. A., for the following prayer:

"God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can,
And wisdom to know the difference."

Facts presented in a clear, attractive and organized manner have an emotional appeal which exerts a moral and guiding influence on every unprejudiced mind.

—Andrew C. Ivy, M. D., Sci. D. Int. Student, May 1943.

A total of one million Americans are dead, due to automobile accidents, according to the National Safety Council. It is indicated that liquor is involved in at least 20% of such fatalities. Therefore, 200,000 people have died in traffic accidents who might have lived had liquor not been involved.

Perhaps you have had a guest who politely said, "No, thank you," when drinks were served. Perhaps you accepted this and offered a soft drink. Or—perhaps you insisted: "Just a little one . . . this is very good . . . it's not strong at all." Think twice if your guest refuses to drink. He (or she) may be someone who struggled for many bitter years to free himself from alcoholism.

National Committee for Education on Alcoholism.

Re: "TORONTO"

The School was a great success.—Dr. Albion R. King.

You can rightly be proud of the Summer School. It was a success from every angle, for which we all are grateful.—Rev. John Linton.

Impressions Gained At Toronto

By Ivan Brychta

TOWARD THE END of August I had the opportunity of attending the Intercollegiate School of Alcohol Studies at Victoria University, Toronto, Canada. This article is to indicate some of the possibilities that I have seen arising out of the School and the movement among colleges of which it is a part.

Writers and students of public affairs who are acquainted with the statistics of today have been observing and have declared that the serious difficulties and grave disturbances arising in human life as a result of alcohol have reached the point where alcoholism has become a major problem in society.

Intelligent citizens, therefore, should not ignore this question although it is only one of many with which we have to deal. The Intercollegiate School came into existence for the purpose of encouraging college students to examine this problem by means of the resources that modern science affords to objectively thinking men. And it is realized that the problem, as it comes to most of us, has aspects of fact investigation, of ethical evaluation, and of intelligent action.

The basis of the school was such as to be of aid to anyone and any group who are concerned with the lessening of the recognized and obvious evils resulting from alcoholism. Its method is education, not legislation and its spirit is one of spontaneity. Its forms of operation are flexible affording a continuous process of adaptation to meet the temperament and patterns of those who are in it or around it.

It is recognized in this approach that alcoholism is

A graduate student in Political Science at Ohio State University, Ivan Brychta, was one of five students from that university who attended the Intercollegiate School of Alcohol Studies at Toronto, August 24-29.

not exclusively the cause, nor yet exclusively the effect, of the various troubles connected with alcoholic drink. Alcoholism is both. It arises sometimes as a reaction to stress and tension, sometimes as a matter of social convenience and habit or custom. It becomes critical when the person used to alcohol can no longer meet the requirements of his circumstances and enters a conflict which ends in frustration. The task of those concerned with the problem is to do enough in general enlightenment to prevent the beginning of this process of deterioration.

In the School there were speakers and students representing a variety of approaches, from those concerned exclusively with the investigation of facts to those to whom freedom from alcohol is a matter of religious conviction or creed. Sixty-five to seventy students and about fifteen lecturers cooperated in the speaking, seminars and conference of the week. Having taken the course and received the certificates, many of the students are now able and willing to visit local groups, give information and put into operation such united action as may seem practicable under local circumstances. If interested, contact the office of the Intercollegiate Association in Columbus, Ohio.

Industry has become alarmed at the rapidly mounting costs due to the use of beverage alcohol. These costs have now risen to several billions of dollars annually, due to preventable accidents, alcoholism, unnecessary absenteeism, etc., representing a terrific needless waste of man power, efficiency and money.

ALCOHOLISM ranks fourth among American diseases, following only heart disease, cancer and tuberculosis, according to Dr. Harold W. Lovell, associate professor of neurology at New York Medical College, addressing the Ohio Academy of General Practitioners in Columbus, Sept. 20. — Columbus (Ohio) "Citizen," Sept. 21, 1952.

Teaching Alcohol Education

AT A STATE TEACHERS COLLEGE

FOR THREE YEARS an experiment designed to integrate recent scientific knowledge of the alcohol problem into the regular courses of instruction has been going on at State Teachers College, Brockton, New York. Seeking to coordinate the services of an educational specialist on the problem with those of faculty members, the plan has already given 395 future teachers a substantial opportunity to study the question and to prepare for their own teaching later. This it has done under the guidance of the curriculum committee and with college credit to the students for the work done.

The problems in the situation at the start called for an objective, scientifically based approach: First, there was the usual question of the drinking custom among some of the students; second, the need of helping future teachers to feel confident about teaching the alcohol problem and at the same time equipping them with information that they could use.

In full cooperation with the faculty and by early planning with the curriculum committee, a plan was developed that provides, first, for advance orientation, instruction and assignments in their classes by the instructors, in sociology, health, nutrition etc, and, then, for the services of an expert, Harry Elwood Titus, Executive Secretary of the Rochester Allied Forces, in a week of lectures and intensified instruction in various classes. Since this integrated teaching is a part of the curriculum, reading assignments are made before the arrival of the specialist and the teachers follow up his work by the use of a short bulletin of information prepared for this purpose from reliable and quotable sources.

The approach to the general drink situation is made in the classes in Personal Hygiene. Basic information is given and questions answered. The sociology course

on Community Health and Hygiene, offers a natural opportunity for exploration of the ways and means of meeting the community problems of alcohol and of acquainting students with the agencies and materials available for study and teaching.

In an advanced course on Nutrition, materials from the Yale School of Alcohol Studies, of which Mr. Titus is a fellow, on nutrition and related aspects have been presented, especially the late findings of Dr. Giorgio Lolli. Reviewed each year, with added material, this course, now in its third year, commands much interest.

The integration system is changed annually to meet curriculum changes. Instructors in education, health, recreation, and related courses keep the program closely connected with other courses of the college, with the result that there is cordial reception of the factual material presented by the lecturer, and general willingness to discuss situations in which drinking places individuals and society. Both sides are freely expressed and considered. "However," writes Mr. Titus, "we do press for careful judgment and serious recognition of the problem. In this, the faculty members are most cooperative."

The two editorials standing highest out of 140 written at Bemidji State Teachers College, Minn., on "Can Education Solve the Alcohol Problem?" were read on the radio program of the college at Bemidji. They had previously been read at convocation.

Ninety freshmen at Otterbein College, Westerville, Ohio, participated in the Editorial Contest of 1953 on "Can Education Solve the Alcohol Problem?" Prof. Robert Price, English, reported that it had stimulated some hard thinking.

A panel discussion and much study preceded the writing of forty papers at Nebraska Wesleyan University, Lincoln, in March, 1952 on Education to Solve the Alcohol Problem. The papers, written in editorial style, were all entered in the National Contest of the International Association.

"A Modern Approach" to the Problem of Alcohol, by Harry S. Warner; an all-over survey and brief study of sources and approaches to solution; 1951 revised edition. Price 15 cents; 12 copies \$1.50.

Flight From Reality

By Courtenay C. Weeks, M. R. C. S.

ALCOHOL NUMBS the cortex, dethrones, be it ever so slightly, the crown of evolutionary progress, dulls the pain, stills the conflict—but the cause remains.

While the alcohol is at work the sufferer is possessed by the euphoria which he calls "stimulation." This stimulation is but the temporary and dearly bought relief from the consciousness of disharmony; it is but the other side of the paralysis of the higher. It is, in a sentence, simply the result of a deadening of the power of appreciation; it has secured a flight from reality into the illusion of narcosis.

Alcohol does nothing, absolutely nothing, to remove the cause, although it deadens the power of appreciating the result. If its action be sought continuously or frequently, then deeper draughts are constantly called for, until at last, and, indeed, only too often, the euphoria ends in an anaesthesia to all that is highest and best.

The worry of the business man is hushed simply because alcohol has blunted the fine edge of perception, and blunted it not only in one direction but in others. The pain of the backache passes temporarily because the sensitive nerves have been "doped" and silenced for a time. The lad "sees life" because he has blunted his vision and lost his ideal. The dinner party is free because so often dignity passes with the relaxation of restraint. The conviviality of the alcoholic dinner party is due to the removal of restraint and frequently issues in loss or degradation of propriety and dignity—From the book, *Alcohol and Human Life*.

"It is a fact that the students don't think it clever to drink, to the extent they did a few years ago," wrote Prof. N. B. Dexter, Ashland College, Wisconsin. The change, he attributes in large part, to the writing of editorials in the Intercollegiate Contests of the past two years, and the serious study given in preparation for the writing.

Prevalence of Alcoholism

IN THE UNITED STATES

SPEAKING AT the University of Washington, Seattle, on June 12, 1951, Dr. E. M. Jellinek, former Director of the Yale School of Alcohol Studies, now Chairman of the International Committee on Alcohol Problems of the Mental Health Section of the World Health Organization, stated that there are **now** in the United States: 3,800,000 alcoholics.

3,000,000 problem drinkers in addition.

"I would not argue with you if you said there were 7,000,000 alcoholics and problem drinkers in all," said Dr. Jellinek.

On June 22, 1951, in Salt Lake City, Utah, he said that in 1948 there were 3,960 alcoholics for every 100,000 adults in the United States, or nearly 4% of the entire adult population. Comparing this figure or rate with that of other countries, we find that the United States has the highest rate:

Alcoholics per 100,000 adults in 1948

United States	3,960
France	2,850
Sweden	2,580
Switzerland	2,385
Denmark	1,950
Chile	1,500

"The problem deeply concerns our population," said Dr. Jellinek, as reported by the Dallas Times-Herald, 7-4-51, "in waste of human life, of happiness, in disruption of the family and society, in economic values. We have a challenge to face and master before it masters us. In terms of men and women, 3,000,000 were alcoholics in 1948 out of 67,000,000 users of alcoholic beverages. The United States ratio is 3,960 per 100,000 population 20 years and over, or nearly 4% of all adults. Between 1940 and 1948 alcoholics in the United States increased 29%, with female alcoholism increasing at a more rapid rate."

Synthetic Party Spirit

By Sydney J. Harris

OVER THE YEARS I have come to resent the people who resent my not liking to drink as much as they like to drink.

Want that again? Well, it seems to me that we have arrived at a kind of inverted Puritanism, or what we may call The New Morality. The awfullest prigs today are not the teetotalers but the habitual drinkers.

It used to be that the non-drinkers were the censorious ones. They looked down their noses at the elbow lifters and the elbow lifters quite understandably resented this holier-than-thou attitude.

Nowadays it is the non-drinkers or almost-non-drinkers, like me, who are put on the defensive everywhere. The new morality implies broadly that you are not a good sport if you don't match the drinkers glass for glass.

I am convinced that thousands and thousands of young men and women are developing an unnatural appetite for liquor simply because they are ashamed to refuse a drink for fear of losing their "good sport" badge.

The serious rise in drinking among women, for instance, is almost solely attributable to this synthetic party spirit, even though it is plain by now that 90 percent of women hold their liquor worse than a second-hand sieve.

If I don't try to persuade my drinking acquaintances not to drink, I think it is unsporting of them to try to persuade me to drink when I don't want to, or to make me feel I am violating the code of glorious cameraderie. Actually, they want me to drink so that no sober person will be around to observe their subsequent asininity. —From the **Miami Herald**, in "The Non-Drinker Has Rights."

Three Observations

By Earl J. Zeigler

REALIZING THAT I had had unusual opportunities to know the alcohol problem at firsthand I volunteered and have been speaking in the churches of a dozen different denominations Sunday after Sunday for a year.

One observation adds up to this: **Social drinking is rapidly increasing among church members in several denominations.** To a man the pastors lament this fact. They say that it is doing something to the church members who drink. Either it neutralizes their witness as Christians, or it makes them complacent about the alcohol problem. They seem to take the position that the alcohol problem exists only when excessive drinking is practiced, and conclude that there would be no alcohol problem if moderation were practiced.

I believe there is unintentional fallacy in this argument. If moderation were the cure for the alcohol problem, there would not be five million problem drinkers, including nearly four million alcoholics. These hapless people would like to drink moderately, but they have to have more than good advice to be moderate before they can stand on their feet again.

Another observation: **The majority of drinking church members are unaware of the nature of alcohol.** The active chemical in every alcoholic beverage is ethyl alcohol. A bottle of beer, a glass of wine, a shot of whisky contain approximately the same amounts of alcohol. This chemical is not digested but goes directly from the stomach and intestines into the blood stream. Quickly it is pumped through the heart to the brain. Once alcohol is in the

Dr. Earl F. Zeigler, a Fellow of the Yale School of Alcohol Studies, lecturer and writer, is editor of *Today*, and of other Presbyterian Board of Education publications. This article is condensed from *Social Progress*, April 1952.

blood, no act of the will can prevent it from acting on the brain and other bodily organs. No human being can prevent himself from getting drunk if enough alcohol gets into the blood. Neither can he prevent alcohol from taking the brakes off his judgment first and motor controls next. Alcohol is no respecter of persons. It treats church members exactly like nonchurch members when it gets into their blood.

One more observation: Those engaged in the manufacture and sale of intoxicating beverages are definitely gunning for church members. They know who drinks and who doesn't. They know that there are 35,000,000 of drinking age who never touch a drop from January 1 to December 31 (including New Year's Eve.) That is too big a potential market to ignore, and they are willing to spend tens of millions of dollars annually for newspaper and magazine ads, for radio and television, to capture these nondrinkers.

The drinking church member greatly heartens the liquor interests. They know that the church member who drinks will not interfere too much with their business outside the churches. They know that he will write few letters to legislators whom they are anxious to control. They can count on his taking a negative or a neutral attitude toward liquor legislation in general.

The liquor interests warn drinkers to avoid excess, but they give them no aid in practice. They claim to be a friend of the alcoholic, but his help, if it comes soon enough, is the friendly hand of the Church and of Alcoholics Anonymous.

The liquor interests "deplore" drinking among young people, yet they beam their ads to make drinking so attractive that young people will risk breaking the law to obtain this drink that makes so many "men of distinction."

Re: "Toronto"

It exceeded expectations. Certainly the Toronto folk are very happy about it. I hear many echoes from the friends around the city and there was some excellent publicity.—Dr. George A. Little.

Expressing Opinions

To The Intercollegiate Association

YOUR pamphlet, "Outgrowing Liquor Culture," (by Harry S. Warner) is just about the best statement on the subject I have ever read. You have done us all a service in writing it.—Margery W. Steer, Ohio.

I want to commend you upon the work that you are doing in education and the problem of alcohol.—Bart N. Peak, Secretary Y.M.C.A., University of Kentucky, Mch. 24, '52.

I never do anything but send you my blessing and \$10.00 per year, but hope that counts. The stupidity of the human race is shocking . . . you have given your life to it.—Jack Hart, (Dr. John Robbins Hart, Rector., Washington Memorial Chapel, Valley Forge, Pa.) Sept. 15, '52.

.. We had a fine experience at the School, and my Virginia delegation is most enthusiastic. Keep up the good work.—Wayne W. Womer.

I watched a lieutenant colonel refuse a cocktail and go right on talking, with a good deal of nonchalance, about modern Greece—about which he knew more than a little. Later, it seemed to me that the best technique in refusing a social cocktail is that of becoming an interesting conversationalist. One's "No, thank you" is then quite casual, and the topic continues with enthusiasm—be it politics or travel.

Another, equally useful, is to develop self-confidence and poise through reading such books as James Samuel Knox's PERSONALITY IN ACTION, or Marsh's BUILDING YOUR PERSONALITY. Earl G. Lockhart's IMPROVING YOUR PERSONALITY has a chapter on "How to become a good conversationalist." The cultivation of skill in sports is of equal value in building self-confidence. The hours spent in training for skill in social grace, pay amazing dividends. Previous concentration on how to say No to social drinking—from beer to eggnog—may produce valuable results.

However casual their manner, however seemingly artless their strategy, lieutenant colonels do not attain that rank without having done some serious thinking. Some lieutenant colonels drink alcohol; my acquaintance didn't. I found interesting his method of refusal.—Rena C. Harrell, Librarian, Queens College, Charlotte, N. C.

Publications Recommended

Because of scientific understanding and comprehensive coverage of title

Alcohol, Culture and Society by CLAUDE H. PIERCE, Ph.D., professor of sociology, Wake Forest University. A new 1951 book that taps the "rapport" of the relationship of alcohol to human culture. It is a study of the social sources, ancient and modern, and how they operate in everyday living. Published by Duke University Press, Durham, N. C., 1951. Price \$4.00.

Abridged Lectures, Yale School of Alcohol Studies are revised. The basic scientific information available in popular non-technical language. nineteen lectures by leading psychologists, psychiatrists, sociologists, health authorities. 110 pages; price 50 cents

Alcohol, Science and Society, the results in full of the Second National Session, twenty-nine chapters by twenty-nine experts, such as "The Psychology of Alcohol," Jellinek; "Alcohol and Nutrition," Jellike; "Effects of Large and Small Amounts," Huggins; "Alcohol and Aggression," Banay; "Legal Aspects," Dunham; "Philosophy of the Temperance Movement," a panel. Lectures in full, with all questions of the Second National

473 pages; Complete edition, \$5.00

The Alcohol Problem, compiled, edited and published by The National Forum, Inc., Chicago. A condensed, illustrated and dependable book of the latest scientific information, accurately written, graphically illustrated, and artistically printed. Both basic scientific authorities are quoted; reference material and bibliography. Price 2.75

The Liquor Control in Culture by CLAUDE H. PIERCE, Ph.D., an all-over study that seeks to popularize and make available to the student and reader the basic scientific information available aimed to regulate, control, and personal living. It develops a philosophy, or permanent constructive effort toward solution of the larger social problem. The writer is author of *Social Welfare and the Liquor Problem*, 7 editions.

Prices: cloth \$1.35; paper \$1.00

Alcohol Talks from the Laboratory by HIRSH E. HANLID, Director of Health and Narcotic Laboratory, Ohio State Board of Education. From the scientific laboratory. Alcohol, personally, tells the truth about himself to inquiring youth—the facts desired and needed by high school and other young people today. Price 25 cents

It's Up to You, by SEYMOUR HILNER. An objective and scientific statement of facts, and one convincing and compelling—each reader to face the question and decide his answer. Written for college students.

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THE INTERCOLLEGIATE ASSOCIATION

12 N. Third St., Room 522

Columbus 15, Ohio

ANSWERS

COLLEGE STUDENTS

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"Can Education Solve the Alcohol Problem?"

Complete report of the \$1,700.00 Intercollegiate Editorial Contests of 1951-52, sponsored by The Intercollegiate Association for Study of the Alcohol Problem. These contests are made possible by the fund generously created by Mr. Logan H. Roberts, attorney, an early secretary of the Association.

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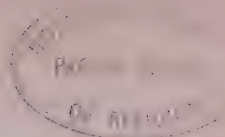
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THE INTERNATIONAL STUDENT

NOVEMBER
1952

THE
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STUDENT

In This Number - -

College Student Writers

ANSWER:

"CAN EDUCATION SOLVE
THE ALCOHOL PROBLEM?"

Nebraska Wesleyan University, Lincoln; See Page 52-55



"Democracy
is something
deeper than
Liberty; it is
Responsibility"

THE INTERNATIONAL STUDENT

November, 1952

Vol. 50, No. 2

HARRY S. WARNER, *Editor*

Education Can – In Part, Only

A CONSENSUS of the opinions of the college students who wrote in the Editorial Contests of the Intercollegiate Association in 1951-52, regarding the place of education on the Alcohol Problem, seems to be that education is a basic aid to solution—but can not do it alone.

The winning editorials, published in full or as excerpts, in this issue of the **International Student**, include those that received highest honors or honorable mention, out of the 706 submitted from 68 colleges in the United States and Canada, during the past college year.

In addition to much excellent writing and discriminating thinking, there appears in the editorials published—and much more in those not published—a divergence in understanding both of the problem itself, and of the meaning of “education”; this, doubtless, reflects much of the confusion in public opinion—even educated opinion—that prevails generally. To some education means only formal education in the schools; to others, specific indoctrination; to others, the accumulation of facts; to

(Continued on page 103)

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Can Education Solve the Alcohol Problem?

College Students Answer
In the Editorial Contests of 1952

"Education: The Answer?"

By Esther A. Armstrong, '52
Cornell College, Mt. Vernon, Iowa

IS EDUCATION the answer to the alcohol problem? Ask this freshman; he'll say, "Sure! All you've got to do is give 'em the facts, the scientific facts. People always believe what a scientist tells them, don't they? And, then, after they know what the score is, everything will work out — won't it?"

Ask a sophomore. "Alcohol? Education? Well, uh. . . Our student council sent some kids to a conference. They made a report back and filed it away somewhere. Sure, there's a problem for some people, I guess. Let's be realistic; there are always a few on every campus. Me? Well, you've got to grow up sometime!"

From a junior: "I don't want to be indoctrinated! I say it's a man's own business. You can't discuss those things in a classroom. Ha! Let's take a "field trip" to 'Joe's' and talk this thing over!"

And when you stop a senior with the question of alcohol education, you may hear this: "Mmmm, I suppose so. You could integrate it with the science curriculum: maybe the philosophy courses, too. Just discuss the facts in an objective way. But no 'temperance lectures,' please! We've heard enough of those. Beside, by this time everybody's pretty much made up his own mind on the subject, hasn't he?"

Here are typical replies related to a problem that is rapidly becoming one of the most important in our modern civilization: Is there room for beverage alcohol in

our modern society? When inebriety is costing the United States a billion dollars yearly, when alcoholism has become a public health problem, when drunken men drive the traffic fatality lists higher every year, alcohol can no longer be considered a private matter. It's Big Business and a problem child.

Will education be the magic solvent for the alcohol situation? Objective science can help us explore the technical phases of the problem. Backed with an arsenal of scientific facts, alcohol educators could seek to identify all the problem factors involved and to understand them. Education may lead the pupil to **see for himself** the values of reason, judgment and self-direction and to develop an understanding of the relation of the use of alcohol to these functions. This self-direction is an integral part of the democratic Christian experience.

If people learn by doing, any educational program will include not only books, visual aids and lectures, but "activities:" actual visits, interviews with authorities, observations and study of resources. We learn little until we live it, and what we thus learn we build into our lives.

Every scientific question, however, is weighted with social implications. According to Dr. Jellinek of the Yale School of Alcohol Studies: "The alcohol problem is also the present-day social order with its unresolved tensions, lowered moral standards, unsolved housing problem, high pressure amusements, . . . and, not the least among these, the undisciplined temper of the post-war world."

Since the use of alcohol affects both societal and personal life, an ethical problem is here involved. Science never attempts to settle upon a "moral answer." Formal education cannot arbitrarily impose upon thoughtful individuals an ethical position.

Grounded upon sound facts, education can be a most potent catalyst producing positive, creative action. Add to "education" scientific research, remedial treatment for existing alcoholics, adequate social legislation, and a sound framework will have been set up for a permanent solution of the alcohol problem. ♦

"No — Alone Education Cannot"

By Chancellor Byron Waites, '52,

Washington and Lee University, Lexington, Va.

NO — EDUCATION, ALONE, cannot solve the alcoholic problem. Merely knowing that drinking is bad will not keep an alcoholic from drinking. Education can do no more than teach him that drinking is bad.

Whatever answer there is to the alcoholic problem, one thing is certain. Education, in itself, is not enough. This problem which has its roots deep in the makeup of man, and which permeates all phases of life, will not be solved by dealing with only one part of a man, namely, his intellectual capacity. Education can only teach that drinking is worse than not drinking. It can only point out that alcohol has ruined countless lives, that it weakens the moral fibre of the drinker, and that it is a social, economic, legal, and moral menace, and that drink destroys the manliness in man. Education can only tell men that drinking is bad. Education is inadequate.

A man walks down the street. He sees a bar or a liquor store or a liquor advertisement. He thinks, "I've had a hard day. I need to relax. I will buy a bottle of my favorite brand. . . . a little will not harm me." He thinks of how he enjoyed the liquor he had last week. He walks in and buys the liquor. Then he goes out and kills some innocent person because of his reckless driving. Or he goes home and beats his wife because he is drunk. He knew that he ought not to drink, but he said, "A drink or two won't hurt me." Herein is the alcoholic problem. Basically, the alcohol problem is concerned with the individual's ability to overcome his desires. The serious alcoholic problem is not fundamentally concerned with those people who do not like alcohol but who for the sake of conformity, sip on a cocktail. They may become a problem, but as long as they stay at that stage, they represent no serious problem to society. Those who desire to reform this terrible social menace should realize that the problem lies with those who drink because they

enjoy drinking.

A man may like to drink because he thinks drinking is expected of him. He becomes a "social drinker." A man may like to drink because drink affords him relaxation, or it gives him escape from his worries. He may like to drink because drinking makes him feel good. He may even like to drink because he likes the taste of liquor. Men do not drink unless they have some desire to drink.

The alcohol problem will be solved only as the desire to drink is absolved. Education can only tell a man what he already knows: that drinking is bad. Education teaches that adultery is bad and that robbery is bad. We still have these vices. They will all be solved only as men cease desiring them. The flesh is weak.

Education can do a great deal. In itself, education is not the answer. Because education alone cannot solve the problem, we should not abandon it. We should use education and every other weapon we can get. Certainly the nature of the problem warrants it.

Fundamentally, men like to drink because drinking is popular. Few drink because they like the taste of liquor. If the fact that drinking is not the "thing to do" can be established, we will go a long way toward solving the problem. This must be carried out in every phase of life. Schools, churches, clubs, homes, civic groups and businesses must all take an active part in showing that drinking is not the thing to do. People must look down on those who drink. They must make drinking unpopular and unbecoming to any member of the community.

Even this will not eliminate drinking. It will, however, go a long way toward solving the long range problem, which education, alone, cannot do.

Dr. E. M. JELLINEK of the Yale School of Alcohol Studies, in a study of beginning drinkers, indicated that only 10% of the cases studied began as "lone drinkers" and that 90% started as social drinkers.

Since two-thirds of our alcoholics began drinking in high school and 90% of these began as social drinkers, the largest share of our alcoholic problem must be met in the high schools. A.A.'s can help the drunks, but it is up to us to find the ways and means of preventing youth from becoming drunks.—DONALD PICKENS, Olivet College '52, Kankakee, Ill.

A "Preventive For Years To Come."

By Sally Pond, '55

Otterbein College, Westerville, Ohio

ONE OF THE MOST serious problems in the United States today is the alcohol problem. Serious from social, moral, mental, and physical standpoints, it affects not only adults, but Americans of all ages and all backgrounds. There are some 900,000 confirmed alcoholics and approximately 3,000,000 heavy drinkers in the United States as compared to 700,000 tuberculosis victims and 600,000 people suffering from cancer. These statistics show the desperate need for a solution to the alcohol problem. It is the youth of the nation on whom we must center our attention because they have not, in most cases, been seriously affected as yet by the problem of alcohol. The youth must be taught the facts about alcohol and the effects and results of using it. If the alcoholics and heavy drinkers of today had been educated about alcohol when they were young there would undoubtedly be fewer in our modern society.

Although we cannot definitely state that education will solve the alcohol problem until it has been tried in thousands of high schools and colleges over a long period of time, it does seem to be the best method by which to go about solving this problem. There are several ways in which alcohol education can be successfully included in the curricula of high schools and colleges. The first way is to integrate it into other subjects such as health, home economics, driver training, sciences, and social studies. By doing this, it would enable the students to see the relationship and effect of alcohol on all phases of life.

The second method would be to offer a definite course on the subject of alcohol. This method would be the more effective way because the whole course would be devoted to the study of alcohol. The course should be made elective rather than a required subject for this reason. If required to take a course on such a controversial subject as alcohol the students are very likely to come into

the class with closed minds and negative opinions about the subject. The class would then be defeating its own purpose. The teachers for this course should be specially trained to teach a course on alcohol. An untrained instructor would inflict too many personal prejudices and beliefs into his teaching rather than give the students the true facts. In both of these methods good recent books and films should be used in the teaching of the course. Films are exceptionally good aids because things that we see leave a deeper imprint on our minds than those that we hear and read.

When teaching a course on alcohol there are several teaching principles which should be remembered and followed. First, all subject matter and information used in the class should be based on unbiased scientific facts and not the personal opinions of the teacher. Secondly, teaching should be based on situations which are familiar to the students and are on their level of interest and comprehension. The vocabulary and teaching techniques used should also coincide with the age and intelligence level of the group. Lastly, exaggeration and overstatement should be avoided. The teacher should be sincere, frank, and show a desire to help the students. The teacher's own sentiments and emotions should be left out of the classroom completely.

I believe that these methods of educating the boys and girls about alcohol would prove to be very effective. Although education would not be a cure for the damage already done by alcohol, it would serve as a preventive for years to come.

Science has begun to realize its social responsibility and is coping with the problems of life as it is lived. It is now an educational responsibility to see that there is no lag between the findings of research and the knowledge of the public.—ROBERT S. JONES, Wake Forest College, '53, Wake Forest, N. C.

..The disease of the alcoholic has been likened to that of the tubercular individual, and, similarly, it is no respecter of persons or position. The wealthy are as susceptible as the poor; the intelligent no more immune than the unintelligent—BILLIE OLSON, University of Utah, '52, Salt Lake City, Utah.

"Give It Scientific Thinking"

By Roane Hill

Millsaps College, Jackson, Miss.

JOHN DEWEY once said: "To solve any problem we must give it scientific thinking."

There are definite steps in problem solving. First, we must recognize the existence of the problem. Then, we must define the problem, offer a solution, put the solution in action, and, last, draw the problem to conclusion.

Since the alcohol problem is a problem of multiple causes, the solution should involve a multiple approach. Among the most important approaches toward solving this problem are, (1) legislation, (2) rehabilitation of alcoholics, (3) research, (4) education, (5) consecration. Of these five proposed approaches, I consider rehabilitation and education the most important.

In answer to the question 'Can education solve the alcohol problem?' I say that by education alone, I doubt seriously that the alcohol problem could be solved in a thousand years; however, by a multiple approach of education, rehabilitation, and other suggested solutions, I believe the alcohol problem could be solved in, perhaps, a tenth of that time.

What I am trying to get across is this: A good program of alcohol education could be carried on by the school, the church, and welfare and civic organizations; but even if an extensive program were carried out, education of the masses would be slow. Thousands would continue to be in need of rehabilitation. Education to them would either be non-existent or a farce.

But let us not overlook the importance of education if coupled with rehabilitation. The foremost idea in alcohol education is, of course, that alcoholism is a disease rather than a lack of sufficient will power or moral stamina. Teaching that alcoholism is a disease and not putting on a sufficient rehabilitation program is comparable to faith without works. We cannot, in my estimation, organize any sufficient educational program with-

out including a parallel program of rehabilitation.

This program of rehabilitation should include (1) clinics, (2) close cooperation with Alcoholics Anonymous and (3) close work with city jails and hospitals, besides schools, churches, and welfare and civic organizations that offer an educational program.

The educational program of these schools, clubs, churches, etc. should, of course, offer authentic scientific facts about alcohol and its effect on the body. However, this should be only one part of the educational program. Besides scientific facts, a good course on alcohol education should have sections on employment and social adjustment, responsibility, distribution and development of potentialities, wholesome recreation, and security.

Education of the youth in grade and high school and in the church, is essential. The youth, however, are not the only age group that needs to be educated about alcohol. The time is opportune for the initiation of a thorough program of adult education. Already some state boards of narcotic and alcohol education have instituted radio programs and have made it possible for various civic and church groups to obtain films and other materials for program of adult education. Already some state boards more often scheduling authorities on alcohol education to lecture at meetings. Teacher training programs are being offered and teaching aids are being provided.

We, as a people, are waking up to the importance of a thorough educational program. We should, however, as voters, humanitarians, seekers of knowledge, lovers of truth and democracy, and as God fearing people, realize the importance of legislation and law enforcement, that the sale of alcoholic beverages might be controlled; rehabilitation of our alcoholics, that they might become again normal and efficient citizens; research, that we may better know what to teach our people and how to treat those among us who are sick with alcoholism; education, that the average person may be made aware of the situation, its causes and possible solutions; and consecration, that we may place our faith in Him who knows all rather than in a substance that robs us, by rendering our brains incapable of utilizing all that we know.

We Can Solve The Problem

By Lester Haspels, '52,
Sterling College, Sterling, Kans.

THE PURPOSE of education is to prepare the individual to live successfully in society. Therefore it is definitely the task of education to deal with the alcohol problem which prevents millions from enjoying life.

According to Edward L. Thorndike, a sound educational program can change the desires of the human race. Man can therefore be taught to find satisfaction in natural living rather than to resort to satisfactions found by taking short-cuts as he does, in drinking. Education has accomplished things in the past that prove its capability in dealing with the problem at hand. After World War I, England adopted a reform movement which stressed education and alcoholic consumption was greatly reduced. A group of non-drinking students in Sweden have been having success through a public educational campaign to decrease the number and severity of traffic accidents caused by drinking.

A sound educational program must have definite objectives. To deal with the alcohol problem effectively, education should acquaint the pupil in the schools with the scientific facts in regard to alcohol, help the individual student to develop psychologically, and stress the growth of character. Such a program needs to be carried out from the time an individual enters kindergarten until he graduates from college. Public education from that time on will have as its main purpose the distribution of facts.

To carry out the first objective of the program, much scientific material is now available which can be used for acquainting the students and the public with the true facts about the harmful effects of alcoholic beverages. Alcohol education is most effective if it is integrated into science, social studies and health. The method of presentation is very important if the desired results are to come about. Rather than handing over cold facts, free discussion should be carried on to give each individual an opportunity to think through the problem. An intel-

ligent, sympathetic, positive attitude by the teacher is probably the most vital part of teaching.

The second objective of the educational program deals more with the root causes of drinking. Essentially drinking, in many cases, is a psychological problem in which the victim has come type of maladjustment or fear. A doctor does not remedy scarlet fever by treating the rash, but rather he must treat the fever of which the rash is a symptom. A drinker's appetite for liquor cannot be suppressed unless the cause for the craving is dealt with. Therefore development of good mental health and sound psychological adjustment will be a great preventive measure. Continual emphasis of all teachers upon the development of right understandings and right attitudes toward life will help develop the well-adjusted individual who will be able to meet successfully the problems of life. Proper education therefore leaves its effect on that individual, and he will not have to resort to drinking because he will be equipped to meet life in a natural way.

The third objective of the educational program seeks to develop an individual with respectable and desirable character traits so that he will be able to withstand the temptation of resorting to the evil of drinking. Refusing to start the practice of drinking is far easier than breaking the practice once it is well established. Discipline, self-control, desire for high ideals and other desirable character traits should be stressed. The effect of Christianity must not be overlooked in considering this problem. Sound Christian character standards do not allow drinking. In more advanced stages of drinking, religious experience plays a very important role. Dr. Robert Fleming, an eminent worker with the alcohol problem, reported that no other substitute is so effective as religious conversion in helping drinking people overcome their habit.

This educational problem needs a full-fledged enlistment of every school and every teacher if it is to succeed. The program should produce intelligent citizens who know enough to leave alcohol alone and who are capable of doing so.

"Mass Education A Definite Necessity"

By Joy Marie Landry, '54,

Loyola University, New Orleans, La.

BEFORE TREATING the consumption of alcohol as a social problem and attempting to determine whether education is the solution, a sharp distinction must be drawn between drinking, even heavy drinking, as a social habit and true alcoholic addiction. The latter is primarily a problem for medicine and psychiatry. The alcoholic addict is a confirmed alcoholic, the victim of a neurosis or psychosis, and the only prospect of a successful cure is protracted psychiatric treatment. Educating him concerning the evils of alcohol, or even cutting off his supply, would be futile. Therefore, in speaking of the alcohol problem the reference is not to an alcoholic addict, but to a "social-habit" drinker who frequently transgresses the limits of moderation.

Just as there is no one cause of overindulgence there can be no one solution. Education is no panacea for the alcohol problem, but it can be the main weapon in a campaign to combat it. There are reasons to support this belief, but the term "Education" as used here must first be clarified. It is used to include not only the strictly formal methods of teaching employed on the grade, high-school and college levels, but also informal education of the masses through propaganda and advertising aimed at influencing public opinion, movies, radio, newspapers, and all other modern media of communication. Mass education is a definite necessity. Formal education does not reach a large enough proportion of the people to produce the desired effect. In addition, reminders must be available for those passing out of the school class and into the career world where temptations are greater.

The chief reason for my belief that education can be a major combatant of alcoholism is because our modern American culture is increasingly emphasizing "free-think-

ing." Members of the younger generation are taught to think for themselves, to act a certain way because they have decided, after deliberation, that it is the best way, not because it is the traditional way. Education appeals to the truth-seeking intellects of the people. It doesn't try to force them to abstain. It merely says, "Here are the facts, here are the disastrous effects of heavy drinking," and the individual having coolly examined the facts decides that the pleasure afforded is not worth the price paid.

However, you might say, most alcoholics and even non-alcoholics already know the evil effects of drink, and yet the knowledge does not stop the former from continuing indulgence nor the latter from becoming alcoholics. That is true, but people are weak and forgetful. They need constant, vivid reminders and encouragement to strengthen their wills. Informal, mass education provides these reminders, and formal education provides our young people with factual information concerning the nature and results of alcoholism.

As has been brought out above, the weapons used against overindulgence must be in keeping with our culture and our time. In America economic success is stressed, so in educating against alcoholism the loss in output on the job, in money spent on the alcoholic beverages, etc. should be stressed. In America the emphasis is on sophistication, so the fact that a drunkard makes a fool and a laughing-stock of himself should be emphasized. In our complex culture recreation as a means of escape is necessary, but the people should be taught other means of relaxation—to pick up a book instead of a bottle, to "hit the sack" instead of the "Four Roses." Movies, assemblies, discussion clubs such as those used so successfully by Yale, the University of Wisconsin and others, could be employed. The strength of advertising as an influencing agent in our present culture can not be overemphasized, nor can radio, television and the newspapers. To be successful, all of these media must be used.

Educational Counterpunch

By James E. Beskin, '53

Roberts Wesleyan College, N. Chili, N. Y.

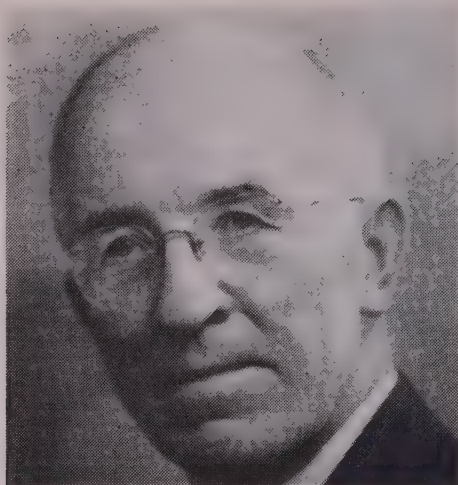
EACH ONE OF US on this great globe is a potential alcoholic. Any individual who breathes fresh air and eats the products of nature has essentially the same physical characteristics, emotional makeup, and mental attitudes that comprise the inebriate. We have the same capacities for forming habits. We have the same tendencies toward emotional and mental frustration. We have the same yearning for escape and for that which is romantic and ideal. We seek pleasure and happiness, and are creatures that respond to thrill. We have temptations and desires to which we are not altogether immune. We are creatures of natural procrastination and inhibition, each to his own variable degree, and the mystery or challenge of a thing invites us to veer from our normal path of duty to ourselves and our fellow men.

The fact that we may not be alcoholics may have any one of several explanations. We may have a better defense against yielding to that form of escape, or our environmental conditions may be so that we are less prone to seek escape. We may be allergic to alcohol, or we may fear the consequences of heavy imbibing. We may have enough faith in God to withstand alcoholic forces through that Strength which is greater than ours.

But we are never completely safe from the latent dangers of alcoholism, especially in this fast moving and economically complicated world that naturally breeds nervous tension, fear, and emotional maladjustment. For this reason we need to understand more and more the causes of this disease, in order to be able to predict its pitfalls and to decrease the rising tide of alcoholism. We need to understand it so that those who have fallen into its trap can be aided in their battle with the sinking sand against which struggle seems so futile.

Understanding itself comes through the causal effect in our lives known as the learning process. Informal

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Logan Hall Roberts

THERE ARE three main ways of devoting a life of service to a cause of human welfare—giving it full time, as in the ministry and medicine, while depending on the vocation for a living; earning a living in another field, while specializing as a layman in the particular service; and, creating and offering the material means by which many younger men and women can be enlisted, trained and sustained in specialized service for God and humanity.

In the years 1900-1902, five young men, just graduated from college, began, in intimate association, their lives of service toward reducing some of the main sources of the alcohol problem in American life. They were: D. Leigh Colvin, Ohio Wesleyan; Logan H. Roberts, Nebraska Wesleyan; Fred D. L. Squires, University of Chicago; Virgil G. Hinshaw, Penn College, and Harry S. Warner, Baldwin-Wallace.

Each has now given, in his particular field, a half-century of highly personalized service to the cause of his college days; and one has added to his years of activity as a lay civic and church leader, the gift of a substantial

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Marilyn Johnson



James E. Beskin



Sally Pond

EDITORIAL CONTEST HONORS

Of 1952

THEME: "Can Education Solve the Alcohol Problem?"

FIRST AWARD—\$200

Marilyn Johnson, State Teachers College, '52, Kearney, Neb., home, Kearney, Nebraska.

SECOND AWARD—\$150

Sally Pond, Otterbein College, '55, Westerville, Ohio; home Urbana, Ohio.

THIRD AWARD—\$100

James E. Beskin, Roberts Wesleyan College, '53, North Chili, N. Y.; home, Postdam, N. Y.

State Teachers College, Kearney, Nebr.



FOURTH AWARDS—\$50 each (two)

Roane Hill, Millsaps College, Jackson, Miss; home, Jackson, Miss.
Lester Haspels, Sterling College, '52, Sterling, Kan.; home, Boyden, Iowa.

FIFTH AWARDS—\$20 each (ten)

Mary McLaney, Queen's College, Charlotte, N. C.; home, Charlotte, N. C.
Patty L. Asher, State Teachers College, '52, Kearney, Neb.; home, Kearney, Neb.
Jane Robbins, Baker University, '53, Baldwin, Kan.; home, Leavenworth, Kan.
Esther A. Armstrong, Cornell College, '52, Mount Vernon, Iowa; home, Cedar Rapids, Iowa.
Shirley Harrison, Loyola University of the South, '52, New Orleans, La.; home, New Orleans, La.
Barry Kimbrough, Millsaps College, Jackson, Miss.; home, Jackson, Miss.
Lois Beth Vosacek, Cornell College, '55, Mount Vernon, Iowa; home, Sioux Falls, S. D.
Kay Kludt, State Teachers College, '52, Bemidji, Minn.; home, Detroit Lakes, Minn.
Keith Cosens, Provincial Normal School, '52, Winnipeg, Man.; home, Winnipeg, Man.
Carol Hamel, University of Utah, '52, Salt Lake City, Utah; home Salt Lake City, Utah.

HONORABLE MENTION

Wilma Jean Alexander, Carson-Newman College, '53, Jefferson City, Tenn.; home, Chickamauga, Ga.
Melvin Blobaum, Wartburg College, '52, Waverly, Iowa; home, Coatesville, Ill.
Rebecca Edwards, Lambuth College, '55, Jackson, Tenn.; home Humboldt, Tenn.
Charles A. Huttar, Wheaton College, '52, Wheaton, Ill.; home, Syracuse, N. Y.
Albert Wallace Hunt, Union College, '52, Barbourville, Ky.; home, Bremen, Ky.
Eindride A. Karlsgodt, State Teachers College, '54, Bemidji, Minn.; home, Bemidji, Minn.
Jerry A. Kurland, Sir George Williams College, '52, Montreal, Que.; home, Montreal, Que.
Joy Marie Landry, Loyola University of the South, '54, New Orleans, La.; home, New Orleans, La.
Aileen Lowson, Nebraska Wesleyan University, '55, Lincoln, Neb.; home, Syracuse, Neb.
Carolyn Moffat, Queen's College, Charlotte, N. C.; home, Rock Hill, S. C.
Jack W. Nealy, Texas Agricultural and Industrial College, '52, Kingsville, Tex.; home, Corpus Christi, Tex.

James E. Norwood, Baylor University, '53, Waco, Tex.; home, Dallas, Texas.
 Dayton L. Olson, Nebraska Wesleyan University, '54, Lincoln, Neb.; home, Big Springs, Neb.
 Donald Pickens, Olivet Nazarene College, '52, Kankakee, Ill.; home, Ottumwa, Iowa.
 Eugene Roller, Cornell College, '53, Mount Vernon, Iowa; home, Des Plaines, Ill.
 Walter Scott, Jr., Olivet Nazarene College, '55, Kankakee, Ill.; home, Marshall, Ind.
 Richard Sprague, Baldwin-Wallace College, '52, Berea, Ohio; home, Poland, Ohio.
 Melvin D. Te Kolste, Nebraska Wesleyan University, '52, Lincoln, Neb.; home, Hickman, Neb.
 Paul Verghese, Goshen College, '52, Goshen, Ind.; home, Tripunipura, South India
 John Van Sant, Pasadena College, '53, Pasadena, Calif.; home Omaha, Neb.
 Chancellor Byron Waites, Washington and Lee University, '52, Lexington, Va.; home, North Birmingham, Ala.
 Lewis Kimani Waiyaki, Goshen College, '54, Goshen, Ind.; home, Nairobi, Africa.
 Dave E. Williams, Nebraska Wesleyan University, '54, Lincoln, Neb.; home, Syracuse, Neb.
 Virginia Williams, Olivet Nazarene College, '55, Kankakee, Ill.; home, Columbus, Ohio.

JUDGES

Mrs. Vashti Ishee Cain, State Department of Education, Jackson, Mississippi.
 Howard E. Hamlin, State Department of Education, Columbus, Ohio.
 Dr. Douglas J. Wilson, *The Montreal Star*, Montreal, Quebec.

CONTEST SECRETARIES

Contest Secretary: Edwin H. Maynard, Editorial Staff *The Christian Advocate*, Chicago, Ill.
 Associate for 1951-52: W. Roderic Covey, Ohio State University, '51. Journalism.
 Associate for 1952-53: Evelyn Bender, Otterbein College, 51.

RECENT EDITORIAL CONTEST SUBJECTS

1947—"Outgrowing Alcoholic Culture," Franklin Parker, Berea College, Berea, Ky.
 1948—"Applying Preventive Medicine to Alcoholism," John Waldman, New York University, N. Y.
 1950—"Social Pressure Against Alcohol," John W. Scheurman, State Teachers College, Kearney, Nebraska.
 1952—"Drinking: Personal or Social Responsibility?" Walter W. Smith, Olivet Nazarene College, Kankakee, Illinois.

EDUCATIONAL COUNTERPUNCH

(Continued from page 51)

education plays a part here as a form of learning through actual experience, but its place is obviously secondary to a guided educational program, superintended and instructed by men and women of wisdom and learning. Thus, the best way to understand the problem of alcoholism is through formal education, designed to instruct through experience of others, gleaned in turn from their experimentation, and the advantages of having been instructed.

The important role of formal education as it affects the problem of alcoholism falls into five major categories, which can best be dealt with individually as follows:

Science details the effects of intoxication, and thus can instill a fear of alcohol in man, as it leads him to the realization that alcohol, like many other so called "evils" is only an evil because man has made it so. Man can compensate for this by turning the "evil" into a "good" as in the case of medicine.

Sociology is the study of how men act collectively, and thus, in the problem of alcoholism, it is the best medium through which we can understand what phases of culture must be eliminated and what phases must be developed in order that man generally may have better environmental conditions.

Psychology is the study of how men act individually, and what processes cause them to act as they do. Through a better understanding of the individual through this area of education man can understand not only the problems of others, but the motivation that causes those problems and the circumstances that surround them; thus, he better understands himself. Here the solution to the problems gets closer to home.

In the field of the unanswerable, philosophy, man gains a better understanding of himself through the seeking of why he exists and how. The mystery and infinite questions that surround this subject have caused men to look on it as a phantom subject, and yet to probe its depths for a surer knowledge of the purpose of man. Thus man understands his problems again as he knows himself

better.

All of these subjects play a major part in the best medium of understanding developed; but man still remains human and weak of his own sufficiency. To all men come the time when they aren't big enough to cope with their problems, and they need someone stronger to whom to turn. Here the field of theology, so often ignored as a phase of the educational process, dominates all other fields of education. When man is led to look up to his Author, education as a formal channel reaches its grand finale as its crescendo is heard through the vibrant tones of the voice of the soul of man as he lays all his burden on God.

Education And The Alcohol Problem

By Marilyn Johnson, '52

State Teachers College, Kearney, Nebr.

THE PROBLEM of alcoholism reduces itself into a problem of total mental health. Any program which promotes sound emotional attitudes in the individual and the community, will do more than an attack on alcohol itself. Cure is the achievement of a state of mind in which peace, hope, and confidence triumph over difficulties. The growing mental hygiene movement, by its emphasis on prevention rather than cure, distributes the principles of mental health. These efforts should help produce generations free from the need of alcohol.

If we can produce a generation with sound mental attitudes, self-confidence, independence, emotionally disciplined, and able to face reality, there will be no need for young people to seek escape by using alcohol or other means. Above all, what is needed is training in emotional control, since self-discipline is essential in leading a happy life. We must learn to accept maturely the limitations and responsibilities of our lives. In order to help the alcoholic, we must recognize that his trouble lies in faulty emotional conditioning. The use of alcohol is the result of his limitations, and its social and economic pressures which force him into unbearable situations.

The educational program, whether for children or adults, must be expressed in a completely matter-of-fact manner. The first step should be unbiased, scientific instruction in the schools. No attempt should be made to force or frighten young people into good behavior, since such attempts will usually produce only negative results. The problem should be approached from a scientific point of view, and in such a way as to stimulate thinking in order to produce intelligent behavior based on understanding. Ignorance concerning alcohol seems to indicate that instruction either has not been given, or has been presented in such a way that the child did not absorb the material. In the older textbooks, the discussions of alcohol read like a chamber of horrors, warning the drinker that immoral conduct and disease are concealed in every drop. A little observation on the part of the child shows him that such dire consequences do not necessarily follow. Therefore, he discredits the whole theory.

Instruction should be related to the experiences, interests, and age of the pupils. Children can be encouraged to work out projects and problems of many types. If children ask questions, these should be answered without evasion and with accuracy. The example of the teacher goes far in influencing the attitudes and behavior of the students. The most receptive ages to teach the facts of realism, practical interests, and curiosity about how things are made and how they work. At this period, the child acquires facts more easily than at any other time, and begins the development of objective criticism. He takes pride in bodily vigor and health, and these can be utilized in the program of instruction.

These children are in constant contact with radio and billboard advertising which praises the "benefits" of alcohol. The movies contain many drinking situations, and many children are surrounded by adults who use alcohol. For these reasons, in this age group instruction is particularly effective. Materials should, however, be presented in a calm, sensible way, emphasizing the effect on growing children rather than adults. The major emphasis of the harmful effects of alcohol should come in

the secondary school. Alcohol instruction should become an integrated part of the curriculum. The environment of our youth today is such that he has many situations to meet and problems to solve, which involves refusing or accepting alcoholic beverages. The secondary school, co-operating with other social agencies, must help youth in this adjustment.

Adults can do much in building an attitude in the community, which frowns upon young people using alcohol. Therefore, adult education has a very definite place. The dangers of imitative drinking cannot be lightly dismissed, as young people are quick to notice the difference between what adults say, and what they do. Adults should teach proper conduct not only by words but by example. It is highly important that adults set the kind of example which they wish the young people to follow. Teaching about alcohol in the schools is only one aspect of education, but if the school and the family, the church and civic bodies work together, a constructive approach can be developed.

"Being Able Honestly To Reply No"

By James E. Norwood, '53,
Baylor University, Waco, Texas

IT WAS ONE FIFTEEN A.M. A college friend came rushing to my room, as fast as his alcohol affected body would allow him. He wanted to know what to do about a parked car that he had side-swiped enroute to the dormitory that morning.

After settlement with the owner of the car, that we found waiting in front of the dormitory, my inebriated friend finally retired. As I was leaving his room that early hour he said: "I would give anything if I could leave this stuff alone like you can."

At a later date I asked him if he had ever received any education about the effect of alcohol. His reply was. "No, but I think it should be required of all young people by at least their junior year in high school."

Our educational system today is at a peak in its all inclusiveness, but in many cases we have shut out a

November, 1952

needed subject because of the word we do not like to hear—"alcohol".

Education can do the job. Here we can get to the roots of the problem early. Dr. John L. Hill once said, "Liquor's wrecks come exclusively from first drinkers." A logical statement that should bring the assurance that education can prevent that first drink. If the proper information, such as the influence of alcohol on the brain and nervous system, resulting in lowered efficiency, a slowed down reaction-time, and a paralyzing of will power, were presented to young people our crop of "four million alcoholics in the United States" would be brought into a much smaller number in due time.

If our parents were better educated on the problem we would not be able to tabulate the fact that "49% of a college campus drinkers started with parents permission". Nor would we be able to report two liquor outlets to every one church in our America.

According to Raymond McCarthy and Edgar M. Douglas in **Alcohol and Social Responsibility**, "Thousands of young people face immediate or potential emotional conflict by being called upon to make a choice among standards and by the need to conform to a practice of social drinking which they have been told is dangerous but which they have seen is accepted by many respectable citizens. Few systems of education have met this responsibility to pupils in a manner which enables young people to work out an adequate and constructive solution for themselves.

"An approach to an understanding, required before matured judgment can operate, may be developed most effectively through a comprehensive program of education."

This is it. By presenting the subject in an alive, interesting, and to the point manner education can build in our youth that integrated personality and sound character that are among the most valuable assets that a young person can have in being able educationally, honestly, and proudly to reply, "No".

A Challenge And A Responsibility

By Keith Cosens, '52

Provincial Normal School, Winnipeg, Manitoba

OUR TEACHERS mold our nation's future. How often have we encountered this statement? No artisan's clay can compare with that which fills the classrooms of Canada. These young people are invested with knowledge and skills, by the teacher. Their school training is intended to fit them to become active, well-equipped citizens. But are they so equipped? A student on leaving school is not fully mature, and has not reached the stability of mind of an adult.

A problem now faces the teacher. It is not new; it has existed for countless years, but the seriousness of its growth, has now demanded action. The problem is Alcoholism. The increase in the number of people consuming alcohol in Canada since 1943 is shown by the Canadian Institute of Public Opinion based on population estimates from the Dominion Bureau of Statistics:

	20 Years and Over	Abstainers	Drinkers
1943	7,446,800	3,053,188 (41%)	4,393,612 (59%)
1950	8,658,900	2,857,437 (33%)	5,801,463 (67%)

Much of this alarming trend is due to lack of knowledge. This, then, is an opportunity for the teacher. Educationalists have decided to drag the alcoholic skeleton out of its closet, and show students just what it looks like. This is, without a doubt, one of the best forward steps which education has taken in recent years.

In the past, children in our schools have learned a little of the physiological effect of alcohol on the stomach, liver, heart, kidneys, blood vessels, nervous system and perhaps other organs. This, in itself, is not enough. It did not answer all of their questions; it only served to confuse them. Research has shown that usually only heavy drinkers exhibit harmful effects of alcohol on their general health. The fear which was built up from this original programme did not serve a useful purpose. There was not a broad enough presentation of the true facts, to accomplish what was desired.

Using a scientific approach, however, the facts can be placed before the children, and the children will have more interest and confidence in what the teacher is telling them. Much valuable data has recently been published and the teacher who becomes familiar with it should feel qualified to instruct a class in alcohol education. Certain aspects which tend to become too controversial can be clarified by the well-informed teacher. Figures, such as those issued by the Judicial Statistics Branch showing an increase among male drinkers of 35,000 convictions for drunkenness from 1940 to 1949, carry deep meaning.

The teacher attacking this problem for the first time no doubt will feel a certain uneasiness as to the reception of such a programme by many of the parents of the community. Custom, nationality, and other factors in the homes are not always conducive to this programme of action. Attitudes form an integral part of education, and the attitudes of the teacher trying to teach alcohol education in a classroom are important. Too zealous a manner in approaching this subject is not wise; most young people resent this attitude, and hence lack the necessary confidence in the teacher. Every teacher should be convinced of the harm which alcohol imposes on youth, and should approach this problem with neither a prejudiced nor a neutral feeling. Any intelligent person should realize the economic, emotional, and physical effects which alcohol has on our young people, and strive to eliminate them. That many students will question some of the concepts of alcohol education is understandable. The broad-minded teacher should answer these questions with confidence and knowledge, and allow the students to bring their problems out in class discussions. In this way every student feels that he is taking part in a real living circumstance concerning himself. The interest of the whole class will centre around the teacher's endeavours in a more objective atmosphere.

Even the teacher who drinks moderately should have no doubts in his mind when he broaches alcohol education in the classroom. Those who feel that they are saying, "Do as I say, not as I do," have not given their pro-

fessional obligations as teachers serious consideration. They should be aware of the hazards which they are trying to rid from the lives of their students, and their duty as a leader in their community.

The success of the alcohol education programme to be carried out in our schools seems assured. One has only to look at the great contributions teachers have made towards the education of our nation against cancer, tuberculosis, and other dread diseases to realize that the challenge is not too great. It will be met, but it is the responsibility of every teacher.

Education: Aid In Solving

By Melvin Blobaum, '52,
Wartburg College, Waverly, Iowa

THE MODERN WORLD of acute tensions and violence drive frustrated people to drink. Today there are an estimated 60,000,000 drinkers; of these, 4,000,000 are excessive drinkers. Latest figures show that in 1940, alcoholism cost us \$765,000,000 in wage loss, crime, accidents, jail and medical care. In 1945, Americans spent \$7,500,000,000 or about five percent of the national income, on alcoholic beverages. We cannot set in figures the disruption alcohol has brought to family living, social contacts and physical health. Degrading morals, brought about by alcohol, now are approaching the seriousness of those of the Roman Empire when it fell.

Show me an adult who is not aware of our alcohol problem!

How can we attack this problem?

Shall we sit back in our rocking chair as George did and say, "Well, there is a problem. Someone will have to solve it some day. Give me another shot of whisky, Jim!"?

Someone has said that total abstinence would wipe out the whole thing. But surely there must be a more realistic approach.

The government, through the 18th amendment in 1919, made an attempt to stamp out the problem. At first,

prohibition was successful, but bootlegging became so widespread that in 1933 the 18th amendment was repealed by the 21st amendment. Now only state laws have a thread-like control of our flourishing problem. Government legislation seems to fail to curb drinking.

Certainly well-known treatments and cures do not stem the tide of new alcoholics, although many of them have done much to help those who willfully give up the sedative.

Has education ever been used to solve problems?

In the early 1900s the Middle West was known as the "bread basket" of America. The fertile land rewarded the hardworking farmer with bumper crops. But in the 1930's the abundant harvests began to decline. The dust storms and erosions created a problem that seemed hopeless. The farmer was ignorant of the problem until soil conservationists stepped in and "educated" him. They showed him what was happening, and with conservation and soil control practices helped him reclaim his land. Now the farmer has complete control over his soil.

Can education aid in solving our alcohol problem?

Pessimists will say "no" without question, because the Keeley Institute Bulletin (Feb. '51) says that the largest group of alcoholic patients have attended high school and twelve percent of them have had college training.

A person may have all the education he can get, but as long as he has not been thoroughly instructed in the alcohol problem, his education is practically nil when he is confronted with the problem of what to do about alcohol.

We need alcohol education to present scientific information concerning alcohol, its use and effect, just as the farmer needs scientific information about the soil and its conservation. Just as education has conserved our natural resources, so can education aid in preventing alcoholic sickness.

Religion must supplement secular education in coming to a solution of alcoholism. Man is so wrapped up in his own problems that he develops a shell around

himself. In seeking an escape he vainly tries to cleave to something. No matter how much he knows about alcoholism, many times he will resort to liquor and will undoubtedly contract the disease. He knows all about alcoholism, but nothing better has been shown him in which he can project his complex. Secular education is inadequate.

Religious education enters here. When man is shaken he has something to anchor him—faith in Jesus Christ. Faith will take him out of the shadow of conflicting values and set him free with himself and his God. A spiritual experience gives the potential drinker an indelible guide to follow when temptation comes.

Education can aid in solving our alcohol problem IF it hits the soul of man.

“Depends On Definition Of Education”

By Dayton L. Olson, '54,

Wesleyan University, Lincoln, Nebr.

“**T**HROUGH EDUCATION we have been able to harness the power of the waterfalls, the electrical currents of the air, the molecular energy of the universe, and the hidden powers of the earth. Does it seem absurd that it would be possible to harness and control the evils which surround the distribution and consumption of alcohol?”

This statement by Dr. Lawrence E. Vredevoe seems to indicate that education is all that is necessary to solve the alcohol problem. Let me answer by telling about a friend of mine. Her mother took training for nursing before her marriage, and certainly must have learned about the alcohol problem and the effects of alcoholic beverages. Yet this lady chose to bring up her children in a home in which both parents used alcohol. At the present, my friend can see no harm in alcohol. Now, if education is the answer, why did this educated woman allow her family to grow up thinking alcohol was no problem, that it deserved a place in the

lives of all who wished it there, and that its presence presented no great danger to that life and others? The answer? Perhaps education alone is not the answer.

Let us consider the types of drinking which we find in our society. First of all is the misery drinker—the man who is trying to escape by drowning his sorrows. Then we have the industrial drinker, the commercial or “sales drinker”—the man who buys his customer a cocktail while making a sale. The last class, the largest are the social drinkers.

It would be well for us to consider also just what we mean by education. To some, and perhaps here we could refer to the opening quotation, it would seem that education consists of a formal program in our public schools. To others, however, who like to use broad terms, education might consist of not only formal education but advertising to combat the propaganda put out by the liquor industry. To these people education might mean some sort of control effort on the sales of alcoholic beverages.

Regardless of what we consider education to be, it will have to accomplish certain tasks to solve our problem. To those who say formal education is the answer, the task to be solved is merely to show us that temperance or moderation must be practiced by all who drink alcohol. But does this really solve our problem? As long as men and women use alcohol, they are in danger of becoming alcoholics, destroying their own homes, or taking the life of another because of the carelessness which accompanies alcohol.

Can we say that education can solve the alcohol problem? If we consider education to be the type of thing which enabled us to conquer the power of waterfalls, the electrical currents of the air, of the molecular energy of the universe, the answer is then a definite no. This type of education is not enough; if it were, doctors wouldn't drink.

If on the other hand, we consider education to go farther—to tell us that we need a Power larger than ourselves to combat moral problems—then education

can become an answer to the man who drinks to escape—then education can tell the salesman he can make his sales without alcohol—then education can tell our social groups they can have fellowship without alcohol. If education is something which also provides some sort of control on alcohol besides objective facts—then education is our answer.

Regardless of how we use the term “education”, it is a very big step and a help in solving the alcohol problem, but as to whether or not education alone is the answer depends entirely upon our definition of the term “education”.

Our Terrible “Teenagers: A Challenge

By Patty L. Asher, '52,
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“**A**REN'T WE just too terrible! To think that we drink beer—my! my! my!” The teenagers filed out of the assembly room with knowing smiles at one another, laughing among themselves at these remarks directed over their shoulders at the temperance speaker who had lectured to them for the past hour. The remarks were coming from some of the more popular boys in the group, and causing much enjoyment among the others. The more conscientious of the group, who did not drink and who had been impressed by the lecture, concealed their feelings and smiled with the others.

The antagonism and resentment in the attitudes of these teenagers toward the idea of temperance or abstinence, reveals a serious misinterpretation of a major social problem. The situation presents a challenge to our schools and educators, for school experiences provide the foundation for the attitudes of young people. Young people do need to be educated about alcohol.

Our teen-agers study a few chapters on alcohol in their biology or physiology classes. In addition, they perhaps hear one or more temperance lectures by outside speakers. The characteristics of alcohol and the bodily harm which results from the use of alcohol are emphasized in most

courses. At the same time, however, the actual experiences of these young people do not support the principles which they are being taught. They know respected adults, perhaps their own parents, who drink with no apparent evil consequences. They see that drinking is prevalent among the more popular groups of students of their own age. And they are unable to see the relationship between their own immediate problems and the vague threats for the future—disease, family insecurity, or insanity. Drinking a couple cans of beer with the gang after the football game has little concrete relationship to the pitfalls associated with the use of alcoholic beverages.

Young people must be given some credit for being able to think for themselves. They know, as well as adults, the consequences which may be involved in the use of alcohol. What they don't know is how to escape being called a "party-pooper" when they refuse a drink. Therefore, young people quite naturally resent being lectured and preached to about the evils of alcohol and the impending disasters which they invite by drinking. The purpose of alcohol education in the school should be to **interpret** the problem to the students rather than to dictate what they should or should not do. This interpretation must guide the student in adjusting to the problem. Instruction about alcohol can become meaningful only when the methods of instruction motivate the young people to relate the material to their personal lives.

An effective educational program would be integrated in the entire curriculum. The facts about alcohol, its characteristics and effects upon the body, could well be taught in the elementary school years. Then, before a youth meets the social pressures of an individual drinking problem, he will have adequate information and preparation for the situation. His education must help him crystallize his individual standard of values so that when his are compared to those of others, the values which prevail in drinking groups will appear superficial.

The social pressures will first be encountered by the student during the high-school period. It is then that he will welcome instruction and frank discussion about

the emotional and social adjustment problems created by the drinking problem. The student who is able to recognize and point out to others the shallowness of the arguments given in support of drinking, and who knows the advantages in his refraint from drinking, is likely to feel secure and confident when faced with the decision.

Many young people justify their drinking with the statement, "All my friends drink." It is not impossible that through educative influence, a shift in the opinion toward alcohol may be brought about. A clear interpretation of the problem will aid the youth in his judgment of values. The young, thinking student of the next generation may find no problem—why should he drink if none of his friends drink? When the schools meet their responsibility adequately, the well-informed student no longer will view drinking as "smart," but rather, will look with disapproval upon those who do drink. Only through education can this objective be attained.

Let's Talk TO Youth, Not AT Them

By Jane Robbins, '53,
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MUCH OF THE TEACHING about alcohol in the schools in the last generation has been organized in the light of adult aims. Young people have been taught that alcohol is a poison, a contributing cause of disease and insanity, a destroyer of self-respect, family security, and social stability.

Although they realize the truth of these teachings, young people do not consider disease, insanity, or family insecurity as immediate problems or threats. Of greater significance to them are such problems as: "Will I be unpopular if I do not drink? I know many people who serve liquor in their homes. What will they think of me if I refuse their hospitality? A person has to know how to drink to get along socially today."

Education about alcohol should be slanted toward the young people who are often under tremendous social pressure to drink. Total abstinence from alcohol for all young people in all situations is a goal intensively de-

sired. Yet there is a grave inconsistency, obvious to most adolescents of high-school age, in imposing upon them an ideal of behavior which adults in our society either reject in their own behavior or accept half-heartedly, remaining abstainers from convenience rather than from conviction.

If the school would meet adolescents on their own ground and encourage them to compare the questionable advantages of drinking socially with the distinct disadvantages to themselves as individuals, the young people could find effective means of solving their personal problems concerning alcohol.

Adolescents feel they must follow the crowd, and they fear being labeled a sissy for refusing a drink. If they are given logical arguments in support of refraining from drinking, they would be able to defend themselves ably against the "sissy" charge.

A well-balanced educational program could give them these arguments. The boys who play football or baseball would be receptive to a classroom discussion pointing out the correlation between alcohol and athletic failure. Connie Mack's opinion of drinking is well-known:

"Alcohol is eliminated from baseball. Baseball men are not now of the drinking class. It's the survival of the fittest." Great athletes are often quoted in favor of total abstinence as a factor in the success of their careers.

Educators should show young people the effect of alcohol in industry. The United States Steel Corporation many years ago adopted a resolution in favor of business prohibition and total abstinence on the grounds that bright business ideas, ambition, energy, and execution fade under the influence of alcohol. Employees who attend a drinking party at night and come to work the next morning with a hangover are lazy, sluggish, and neglectful. They slow production output as well as endangering their co-workers and themselves. The corporation has posted signs throughout its factories reading: "The last man hired, the first man fired — the man who drinks!"

Students should know that alcohol and gasoline do not mix. Statistics will prove that the driver who drinks is a dangerous killer. His reactions are slowed down, his

vision and judgment are poor, and the chances are one in five that he will be involved in a fatal accident.

The drinker risks the dangers associated with the reduction of inhibitions and the acceleration of activity that result from the action of alcohol on the nervous system. He acquires an artificial confidence, a belief that as a sparkling conversationalist he is unsurpassed. He feels that alcohol is stimulating his intellectual powers; those around him feel that alcohol has turned him into a deadly bore who laughs at his own stupid jokes.

Thus, the use of alcohol as a social grace defeats itself. A thorough educational plan is needed to point this out to students, particularly during the last years of high school, when intense social pressures are sweeping adolescents into the path of social drinking which often leads directly to alcoholism.

The Educated Alcoholic

By Jean Alexander, '53,

Carson and Newman College, Jefferson City, Tenn.

IN DRINKING, the minds of men seek to find temporary release from the cares, the problems, the pointless futility of life. The poor man . . . the wealthy magnate . . . the brilliant philosopher . . . the apple salesman who cannot write his name . . . people from every background and every station of life are victimized by the deceptive power of alcohol.

Why do men drink? Why do they relinquish their judgment, their powers of evaluation and perception and let the grosser parts of their natures gain control?

Is it because they do not realize the consequences? Is it because they receive a lasting satisfaction from drinking? No, we cannot be so naive as to believe that. Educated men drink—men who know all about the effects of alcohol on the brain and the human body, on society . . . men who have seen the crowds laughing at the stupidly drunk.

The mere gathering of cold facts concerning drinking and its consequences, and feeding them to a class of

students—educating them on the subject—is not the answer, because men do not drink from ignorance of the results, but with pre-knowledge of them.

What is the solution? What part does education play? What is lacking?

I could tell you about a man whom I know, a man who is a brilliant scientist with a keen mind full of facts, well-educated, financially secure, a man who is a part of the alcohol problem—but I'll let him tell you.

One day when he was in a particularly thoughtful mood, I asked him, "Do you realize all of the consequences to yourself and to others that drinking brings?"

In a tired voice he answered, "No one realizes more fully than I the effects of alcohol on the mind and body—and on others. I have attended special sessions and classes dealing with this very problem. I have experienced the consequences of drinking."

Puzzled I said, "I cannot understand why anyone educated to the dangers and bad effects of such a habit would persist in drinking."

"Well, I can tell you why. There is one thing lacking in all of the education which I received.

"There is a need in man that he seeks to satisfy—or to evade—a need for self-confidence, a need for security, for escape from the unstable world in which we live, a need for faith in something . . . faith in himself and humanity. The education I received concerning alcohol, concerning other things, failed to provide for this need, failed to give me an alternative.

"Until the cause of alcoholism is recognized and dealt with, all of the superficial facts are useless."

"But to give a man faith in himself, in humanity, in life— isn't that asking a lot from society?"

Thoughtfully he answered, "Yes, I suppose it is, but you can't correct a big disease with a little cure. You can't always try to remedy the results of a problem and ignore the cause. If people were really serious about correcting this evil, they would work for big results with a competent plan on a large scale.

"I am telling you what I know is true—know from experience. There is no amount of factual education that

can help me until it brings with it the faith, the assurance of a Something in the Universe and in man to act as a stabilizer, a higher force—an alternative.”

I watched him speak. He was an empty man, an unsatisfied man, and unhappy man, and he is one of many.

Education can help solve the alcohol problem. It is essential, but it is not the first step. First we must give to humanity, to every man, woman and child, faith—that for which all men seek, and in their disillusionment sometimes turn to false substitutes.

The answer to our problem, the procedure and result, is given by Peter in the New Testament, “Add to your faith virtue, and to virtue knowledge, and to knowledge temperance . . .”

Preventive R's

By Dave E. Williams, '54

Nebr. Wesleyan University, Lincoln, Nebr.

TO OVERLOOK the limp form in the gutter; to ignore the distrust and anguished faces at the divorce court; to deafen to the crunch of bones and the ripping of flesh in and about a collapsing, twisting mass of automobile steel (lubricated with alcohol), to assume a **laissez faire** attitude is a policy that is just as **vicious** as the creation of these frequent situations. Surely anyone recognizes a problem! The report from the National Safety Council that there are 55 accidents for drivers under the influence of alcohol to one for non-drinking drivers is characteristic of this problem. Moreover, when 4 million of our population drink to excess (including 750,000 addicts); when a false sense of values prompts the individual to shrug it off as a “necessary evil”; and when the youth associate a certain sense of pride or distinction in the use of alcoholic beverages it is time for some constructive thinking and action.

A problem so inherent in society, so wrapped up in folkways and traditions, and so variegated in its implications will naturally suggest many solutions. If we consider alcohol as a disease we may consider such solutions

as the Conditioned-Reflex Treatment, Psychotherapy, and Alcoholics Anonymous, basically as **curative** measures. But as in medicine curative measures are not enough; to derive the best solution we must consider **preventative** methods. Herein lies the true essence of alcohol education. It is difficult to classify education as the solution; but careful use will definitely affect the situation to the degree that in a final solution it will have played a major role.

Good preventative education has its roots in effective high school and college programs. In his consideration of the moral nature of deliberate education, John L. Childs in his book **Education and Morals** gives us an insight as to the basis of any education when he states:

No human group would ever bother to found and maintain a system of schools were it not concerned to make of its children something other than they would become if left to themselves and their surroundings.

The implication for us becomes apparent if we insert the two words "the alcoholics" between "than" and "they would become".

Due to the many diversified implications of alcohol, a diversified educational program might be in order. Instead of one course dealing with the subject, it should be divided among the many different aspects of education. For instance in biology, chemistry, the natural sciences. the chemical and physical effects of alcohol on the body could be studied. Incorporate the statistical aspects in the ematics courses, study its effect on authors in literature, of athletes in physical education; discover conditions on which it thrives in social sciences, etc., on down the line. Thus will be most effectively accomplished the exposure to the prospective drinker of the characteristics of an alcoholic, and the causes, effects, and costs in human resources entailed. Lawrence E. Vredevoe tells us that with the realization "that every alcoholic began as a moderate drinker and that there is no test which will or can show who is able to stop at moderation" the danger of drinking becomes real and personal.

However the program must be carried out carefully

and considerably. "Dry" lectures may be replaced sometimes by class projects in which a class studies some current local phase, follows the newspapers, and searches for causal factors as well as consequences. Sincerity and truthfulness are of utmost importance; exaggerated statements must and cannot be tolerated in an appeal to the reasoning of youth.

A big problem with youth is the sense of distinction they find in glamorized propaganda. This false sense of values cannot be forced out but must be quietly displaced in the light of the facts and their consequences. This matter of emphasizing the consequences is brought to focus by John L. Childs when he states: "... the child grows in his capacity to function as a responsible moral agent as he grows in his ability to make judgments of the good and the bad in terms of concrete consequences".

Although the education of youth was emphasized in this article, it was not the purpose to slight or overlook adult education. Old dogs may be taught new tricks—perhaps by the youth—but through youth the program will prove most effective. It's a big business, this nine billion dollar parasite... one of few that fails to show its finished product in its display window!

"Education Can . . . If Right Kind"

By Mary McLaney,
Queen's College, Charlotte, N. C.

THE PROBLEM of alcoholism and inebriation is becoming more and more severe in our modern society. Something is needed to bring this trend toward drinking to a halt. In our parents' time prohibition was tried. It did not work. A few years ago the sale of alcoholic beverages was put under government control. This has not lessened alcoholism yet. Now education in the scientific facts about alcohol is being tried. But W. Roy Begg of Allied Youth, in an article in **The Journal of Health and Physical Education**, said that "the first great need felt by youth is not so much factual information on **why** to abstain as definite recreational aid on **how** to abstain."

"Young people of today know the dangers of alcohol;

yet it holds for them a certain fascination and glows in an aura of romance and glamour. They are continually urged to partake through advertisements, social connections, and the instinct to follow the crowd, for today it has become nearly an obligation to serve alcoholic beverages at social functions. If any education is to be tried, it should teach youth way to refuse alcohol, new ways to resist social pressure and advertising.

Factual, scientific education can do much to show young people the pitfalls to which alcohol leads, but even factual education is difficult in certain social classes. There are five principles which should be carefully followed for success in this type of education. The first is that all knowledge must be imparted on an intelligent and dignified basis. Second, this type of education must be a long-range plan for any lasting results and must be pursued patiently. Third, tolerance toward differing attitudes regarding the consumption of alcoholic beverages must be observed or teaching against the use of alcohol will close minds of students to facts. Fourth, co-operation must be maintained with all agencies interested in alcohol education. Last, methods of teaching must be evaluated, the good ones improved and the others discarded.

The hardest things to overcome in alcohol education are the prejudice and superstition of some people on one hand and the pride and social standing of those on the other hand is exceedingly difficult for a teacher in a public school to keep both of the controversial camps out of the picture and to be tolerant in her own attitude and unbiased in the information she presents her students. And yet this is what must be done for effective alcohol education.

Why should alcohol education be confined to the public school? It would be virtually impossible for the schools to give a completely satisfactory education in alcohol; therefore, other institutions must help. These are the home and the church. All too often through prejudice or misuse the home gives a child the wrong education. The school cannot change this; to attempt to do so will only aggravate the situation and confuse the student's

mind. The church in the past has taken a negative attitude toward the consumption of alcoholic beverages instead of positive steps to prevent it. If these two forces would support the educational program in the schools with recreation and moral instruction, education in alcohol would be complete, and the problem of alcohol would be far on the road to its final end.

Education can solve the alcohol problem if it is the right kind of education. The three greatest spheres of influence in young people's lives—the home, the church, the school—must bring their combined influence to bear upon young people in giving them an intelligent and complete education in the dangers of alcohol and in the ways to abstain and be socially correct and respected. If and when this can be done, alcoholism will cease to be a threat to the American way of life.

The Proper Approach

**By Albert Wallace Hunt, '52,
Union College, Barbourville, Ky.**

A FRIEND OF MINE left work at the usual time to go home and get ready for a birthday party to be given in his honor. Often I was impressed by this fellow's skill at his work and at his self control as he dealt with the complaints of people who would verbally attack him because of poor services rendered by his fellow workers.

The next time I saw him he was making a fool of himself on main street. The next day he didn't return to work. He couldn't. In the next issue of the local newspaper was a small article entitled "Four die in car crash following drinking party". This case is only one of many. Alcohol IS a problem.

Many admit that alcohol is a problem but few attempt to give a solution. Many of those who have offered possible solutions have said of their program "This is the only solution". Of those who seem to think that their way is the only way are the following:

1. Political action. Their argument was that if the manufacture and sale of alcoholic beverage was prohibited by law nobody would be able to drink it. Their error was in thinking that by only stopping the effect—the drinking—they could stop the cause—the desire to get release, etc.

2. The religious and moral approach has been in motion since Old Testament days. Its approach is sound but it fails because it does not reach most of those who need it most.

3. The Alcoholics Anonymous has done outstanding work in rehabilitating the drinker who desires to stop. This program is incomplete in view of the entire program since it does not reach those people who drink but have the attitude of “I don’t care”.

4. The fourth approach is the educational. This approach, whether viewed narrowly or broadly, has several good points. It can reach relatively more people and it touches both those who have never drunk and those who have.

The narrow educational approach would be a program designed to give the facts to all people. Such facts would include the effects of alcohol on the body, in human relationships and family life, and in industrial relations. Even this narrow educational approach is limited and falls short at the same point that the Alcoholics Anonymous does, that of not affecting the ones who have the “I don’t care” attitude.

The solution to the alcohol problem in my opinion, would be a type of general educational program. Such a program would not be possible unless we understand the reasons why people indulge in drinking. The main reasons are the following:

1. Some say the taste is pleasing.
2. Some take it as a sedative to ease discomforts.
3. Some take it as part of a social celebration.

4. Some take it as a means of escape from reality. One of the most perplexing facts about this whole problem is

that to many people alcohol is both desirable and undesirable.

The cause for drinking is even deeper than these four reasons would indicate. The problem is with our society which created those factors which cause people to seek escape from reality or ease from discomfort. Jellinek says "In complex society, tension is created by the competition and clash of social classes."

If social factors are the underlying causes of alcoholism then let us look next at the institutions in our society which give rise to those factors.

"The beginning of nearly all drinking occurs in a social group, and its spread is by social group approval," says another writer.

Besides the social group there is more basic or primary group which, in many ways, fosters drinking and that is the family. It may teach directly by serving alcohol to family members or it may teach it indirectly by setting up attitudes in the family members which would make them want to find expression through drinking. "The young person who has had a favorable home environment, who is well liked socially, whose egoistic and altruistic needs are equalized, gains naturally, the recognition that all instinctively crave. Having a well rounded life, he has little occasion for the "release" from something continually pressing, that narcotic pleasure affords; consequently he seldom becomes a chronic drinker.

To sum all this up, I would say that the approach needed is to first give the facts of alcohol in all its aspects through what I have called the narrow educational approach, and secondly to educate parents and citizens in proper human relationships which would eliminate much of the stress and strain of our present day life.

Many solutions will have to be incorporated to solve this social problem of alcoholism, but by educating the youth we will guarantee ourselves a better situation in the future and giving the younger members of our culture a fair chance of making their decision on the use of alcohol in the light of scientific facts.

—AILEEN LOWSON, '55, Nebr. Wesleyan University, Lincoln

"Education Has Changed Human Attitudes"

By Barry Kimbrough

Millsaps College, Jackson, Miss.

EDUCATION has had great accomplishments in the past, for it has changed human attitudes and habits. For example, we no longer see a public drinking cup in public places; pasteurization of milk, the use of disinfectants of all kinds, the sanitary disposal of sewage—all of these came about through the process of education, so why not the solution of the problem of alcohol. This education must include, not only the facts of what alcohol is and does, but also, for the public, the question of what is to be done with the alcoholic. Instead of putting out books about him, as we have done in the past, we must put out our hands and help him over the greatest barrier of his life. This solution has already been put into practice, yet we have just begun to use it. It may take years to see whether or not it will work. We may not even be around to see the results of a true educational program, for it will be a slow process, and will require the cooperation of all the states, the Federal government, and the church. Without all of these it will fail. It may not stop people from drinking, but it may cause them to be more temperate. It would probably result in fewer alcoholics; this in itself would be worth the time and effort.

Yes, an educational program in the true sense of the word, could solve the alcohol problem if we would give it a chance. I do not believe the day is far off when we can see a much better informed people about alcohol the alcohol problem in this great land in which we live. (An excerpt.)

AT THE POINT where alcohol begins to solve a person's problems by serving as an escape mechanism it becomes a hazard to his physical well-being, i. e. driving a car, crossing streets, etc. —EUGENE ROLLER, Cornell College, '53, Mt. Vernon, Iowa.

"Make The Health Problem Known"

The Story of a Group

By Carol Hamal, '52,

University of Utah, Salt Lake City, Utah

EDUCATION BASED on education — that's the force and purpose behind one of the most impressive gratifying success stories to come out of Utah.

The story is all about a group of people who constitute and support the Utah State Board on Alcoholism and its concerns and interests. Their combined efforts have helped place Utah first in the nation in percentage of rehabilitated alcoholics.

This is an amazing record, especially when one realizes that no movement for such rehabilitation was begun in Utah until some seven or eight years ago, and the Board itself has been in existence for not quite five years.

Ever since men have recognized alcoholism as a social problem and realized its solution must begin with understanding, they have faced a major barrier of long established stigma. It is this stigma which leads the public to think of the alcoholic as a weak, immoral individual and to classify him as a liability, as it were, on the balance sheet of society. It is toward the breakdown of this stigma that the Utah State Board on Alcoholism and its exponents work.

Until about seven and a half years ago, no organized work for the rehabilitation of the alcoholic and the education of the public concerning alcoholism as a disease was carried on in the State of Utah. Then, the widely lauded Alcoholics Anonymous stepped in to perform its merciful magic and promote the Utah Committee for Education on Alcoholism. The Committee and AA joined forces to instigate in 1947 the establishment of the State Board. Since then, the Board has undertaken a far-reaching program to combat alcoholism in Utah, first as a branch of the State Welfare Commission and later (1949) as an independent department of the State government.

The Board set aside as its purposes the three-fold program of (1) conducting an intensive and extensive pro-

gram of education on alcoholism; (2) supporting and directing research; (3) promoting and developing rehabilitation resources for alcoholics. A quick examination of the three goals will show that the last two are dependent largely upon the success of the first. Thus, the entire program hinges on an experiment in education.

And here's the size of the problem: there are more than 12,000 alcoholics in the State of Utah, some 2,700 of them of the chronic, addictive type. Officials estimate these individuals cost the State about \$6,000,000 a year in collective wage losses, hospital costs, crime, jail maintenance and accidents on the job.

Mr. Clyde W. Gooderham, the Board's executive director, maintains the alcoholic's influence is felt by virtually everyone in Utah, directly or indirectly. Suddenly, the problem takes on frightening proportions. Suddenly, it envelops society as a whole and calls for society's action to know and suppress.

Enter: The Utah State Board on Alcoholism with its plan of mass education. The Board assumes first the validity of the following three statements: (1) Alcoholism is a disease and the alcoholic a sick person. (2) The alcoholic can be helped and is worth helping. (3) Alcoholism is a public health problem and therefore a public responsibility. These three, scientifically formulated by the now famous School of Alcoholic Studies at Yale University, find practical application in the Board's activities.

Into school assemblies go Board emissaries to make the **health problem** known, then on to the classroom to destroy the still embryonic stigma. Into the ranks of the teaching profession they go, with their improved format and presentation, to insure authoritative instruction.

Into the field of public interest they move, through mass communications media and special organization services. Into the medical profession pours information concerning late findings in alcoholism research and treatment.

Slowly, the people listen and learn. Meanwhile, the alcoholic finds a friend in the Board itself which works for his interest in society, and in the individuals who share his difficulty. This fact alone elevates him, for as

Robert Louis Stevenson wrote once, “. . . . no man is useless while he has a friend.”

The Utah State Board on Alcoholism functions in fact on the same truth which undelies Stevenson's statement, for friendship is understanding, and true understanding is education.

. . . I Found Him

By Paul Verghese, '52,

Goshen College, Goshen, Ind., Home Tripuninura, South India

CAN EDUCATION solve the Alcohol problem? In other words, can you talk a man into quitting drinking? Given the facts about drinking, will a man give up the habit?

They tried it on me. The doctors told me how alcohol was a first-cousin of chloroform, and how it attacked the central nervous system. The professors told me how alcohol increased your reaction time, how it made you lose your sense of responsibility and self-control.

But that was exactly what I wanted. I wanted some first cousin of chloroform to numb my sensitivity. The world was so full of too painful stimuli for me. I wanted something to attack my central nervous system. The messages of frustration and desperation that my nervous system received every moment were too much for her to co-ordinate and make sense out of. Alcohol helped her forget, at least for a while, that she had to do such co-ordination. It was a passing peace, the peace of death—but it was peace all the same.

I wanted something to increase my re-action time. I needed something to make me lose my sense of responsibility and self-control. These responsibilities didn't help me any. My own self was too much for me to try to control. What I wanted was to take my foot off the brake-pedals of my life-weary conscience and brain, and let the whole works idle along wherever it pleased. Whether it landed in a ditch or in a canyon—I didn't care. Just so I didn't have to 'do' anything but raise the goblet of potent stuff to my lips. What if I didn't get to my office

on New Year's eve and urgent cables were held up? I laughed and roared when they came and told me.

And then, these doctors and professors themselves seemed to be having trouble educating themselves out of the alcohol problem. If it were as simple as all that, why couldn't **they** quit?

I started it all in pure fun. I didn't know a thing about the forces in my personality that were driving me to drink. It was the proper thing to do in the 'high society' in which I moved. You weren't a good mixer, if you couldn't sip a highball at ease. And honest, it felt good—at least by the time I got used to it.

Besides, I was no drunkard. I just drank 'moderately'. Oh, yes, I remember once, when seven of us consumed eighteen bottles of beer and several bottles of whisky and gin . . . Yes, and the other time, when I was so worried and drank a little too much and made a fool of myself. I shouldn't forget that New Year's eve . . . yes, and that Easter evening . . . I guess I overdid it a few times too often.

But then, one day I found out that alcohol was not my worst enemy. The root of the whole problem lay deep in my own personality, which was fast going to pieces and driving me mad in the process. I was not anxious to face the issue. Alcohol was my way of escape, of closing my eyes, ostrich-fashion. It didn't seem to help. Either I had to become like my medical doctor friend who could not get out of bed without a 'shot' of whisky and had to get 'shots' every hour to keep going . . . or I had to do something drastic about my personal disorganisation.

Then slowly a page of childhood memories came back to consciousness. I heard a still small voice echoing from my Sunday School days, "Come unto me, ye weary and heavy-laden . . .". I found Him. I found One who could take my dis-integrated personality and re-generate and re-integrate it with a touch of His loving hand. I found One to Whom I gave my tattered life and got a new life in return, Who made life meaningful to me. I never drank since.

Education didn't solve my problem. Christ did.

Alcohol: Road To Animal Living

By Lewis Kimani Waupaki, '54,

Goshen College, Goshen, Ind., Home, Nairobi, Africa

ALCOHOL is practically as old as man himself. Its bad effects on society have been known through all times. Among the primitive peoples there were and are strict sanctions to regulate its consumption. In these primitive societies drunkenness is punishable especially when it is a cause of anti-social behaviour. The penalties range from live-stock fines to social ostracism. There are, however, certain instances when alcohol-sanctions are suspended. For instance, the Wakikuyu tribe of Kenya, Africa, require that when the bride price of a girl has been paid, such bride price must be blessed with a beer party when all relatives and friends are welcome to drink and to be drunk!

Among the civilized peoples the alcohol problem has become acute with the progress of individualism. Since individualism causes a laxity in the enforcement of group standards or gives an exaggerated sense of personal freedoms, in dealing with the problem we must give it an individualized and personalized approach or else our efforts shall be regarded as any other mass propaganda.

In this country where personal freedoms are emphasized and often misunderstood, drinking is becoming accepted as a social habit in many homes and in our colleges and universities. In homes parents no longer feel obligated to outlaw the practice; when they do so it does not help much because the boys and girls go to college, meet in fraternities and make up for lost time. The extent of this problem is greater than its surface suggests. In many a home, a refrigerator is not full without a bottle of beer in it.

The effects of alcohol consumption are becoming more visible every day: On the street corner and in previously good homes; we see such homes getting full of incessant conflict, with the divorce court as the ultimate place to terminate such strifes. But that is not the end, it is the beginning of more and greater problems. Divorces must

endure public gossip as well as disapproval and even when they find other partners in life, it is very difficult to rectify their evil past. Others suffer emotional conflicts as well as psychological diseases which supply material for sociologists scanning the field to find the causes of mental disorders, prostitution, psychopathic individuals, drug addicts, the social maladjustments of various types among our adult population, to say nothing of ever-increasing accidents.

The youth who is deprived of a loving fatherly and motherly care and guidance is thrown on his own undeveloped social and mental resources to plan and to live his own life. He becomes, through no fault of his own, susceptible to numerous and dynamic social forces because he is not taught to discriminate between good and evil and to utilize the best for his development. The result is a delinquent individual. The over-all picture is a rising crime wave throughout the country.

The reasons for indulging in the habit are various. Some people drink because they get a sense of relaxation. Others drink in order to be sociable, to please the company that they keep. Still others drink to escape responsibility or to forget their problems rather than to set at solving them. Still others drink alcohol for no other reason but to acquire that state of animal mind from which they get an exaggerated feeling of well-being.

It is often argued that alcohol as such is not harmful when taken in small quantities. This is true but equally it has not been proved to be beneficial to human health. In fact, in many cases it is a cause of nutritional disturbances and although it may not create an alcohol disease, there are certain diseases which are characteristic of alcoholism. To these we may add syphilis and gonorrhoea which many victims have confessed to have contracted in their "animal state."

Economically, alcohol is a cause of great extravagance. Its effects, too, may be seen in the field of politics. It may be a cause of irresponsible leaders or an electorate that does not realize that the right to cast a ballot implies great responsibility, to choose only those that realize

their duty and responsibility to their country.

Since we have seen the wide-spread use of alcohol, its social, economic and political causes of social disorganization, we are called upon to discharge a sacred duty to our people and country. The only approach left to us is educational. In the past the churches outlawed the use of alcohol altogether in their membership; when this has not been successful they resorted to a 'doctrine of little consumption is no evil,' only to find later that "little by little" leads to an alcoholic career after which such people defend themselves saying that even when they have taken a drop too much they are always under control!

In our educational approach, we cannot afford to be emotional or stoop to unprincipled propaganda. The radio, television and magazines are in a race with us. They are indoctrinating the people day and night to enjoy the benefits, false as they may be, that accrue from the beers and liquors that flood the country.

"Create Cultural Modifications"

By Shirley Harrison, '52

Loyola University of the South, New Orleans, La.

TO REMOVE THE EFFECTS of a given problem, one must first try to find and remove the underlying causes. This is where society falls short in aiding the alcoholic. Alcoholism is not a deliberate attempt to transgress upon the rights of others; rather, it is a personal difficulty causing anti-social behavior, undermining efficiency, and contributing to major social problems like dependency, unemployment, desertion, divorce, vagrancy, suicide, sex offenses, thefts, assaults, and despair and helplessness.

The problem is not in the use of alcohol itself, but in the underlying maladjustment for which alcohol is the alcoholic's remedy. Diagnosis of this maladjustment and guidance toward greater maturity and development of new wholesome interests and life habits must be combined with insistence upon abstinence — and not the latter alone! In the present penal set-up, the alcoholic,

when arrested, instead of receiving treatment is demoralized by the conditions surrounding him, being locked up as a common drunk instead of as possibly suffering from a serious disease.

The most effective proposal for prevention of alcoholism seems to be education. Prevention at the source of the problem should involve solving personality and behavior maladjustments as soon after awareness as possible. This early solution would also insulate against recourse to alcohol in later years.

A light on the horizon is beginning in educational circles and in several state controlled alcohol commissions to recognize and follow this needed educational trend by techniques that may be applied in a large-scale attack on the problem. Outstanding is the center at Yale University, where concentrated studies are underway by psychiatrists, psychologists, interviewists, and psychiatric social workers; three stages being recognized: 1) Guilty feelings reduced and rehabilitation made possible through assistance in controlling the factors disturbing the patient's security; 2) confidence gained by relieving tension through shift in attitude; and 3) reeducation for living by learning to manage one's environment.

State commissions with the power to organize clinics, carry on research and education, and provide facilities for alcoholic treatment, and pointing to fact finding and public education, are charged by law and operate in Connecticut, Virginia, New Jersey, New Hampshire, and Alabama.

Country-wide attention to these progressive educational means toward solution of the alcohol problem is needed. They cannot be effective as long as effort is sectional and spasmodic. Immediately, the penal set-up should be attacked, for police have little recourse other than to arrest alcoholics and take them to jail knowing they will soon be released and back on their hands. The lower courts dealing with alcoholic cases should be immediately modified and specialized to put chronic alcoholics into proper, skilled hands. Probation workers are needed to utilize; local resources, hospitals, prisoner-aid societies, Alcoholics Anonymous, and veterans' facilities.

should be helped; alcoholism is an illness — its victims being ill; and that since alcoholism affects public health, it is a public responsibility. The above three principles must be sold to the public simultaneously for well-rounded educational and constructive effects upon society.

Since our culture determines the extent of society's attitude upon drinking, the alternate substitutes offered, and the behavior causing release of inner tensions and adjustments, it is up to education to create culture modifications in current public opinion regarding alcoholism. Modifications must be through education both evolutionary and simultaneously wide-spread.

Those working directly with alcoholic patients must be educated: in gaining confidence through sympathetic understanding; in seeing that physical defects are treated; in enlisting the aid of the patient's family in letting him feel responsibility for his own plans and in helping him carry them out; in being a listener instead of just an advisor; in helping in rehabilitation by substituting for drinking, wholesome activities, hobbies, recreation, and new friends; and by stressing constantly the need for abstinence.

Since the route of the personality to alcoholism is sociological, education must interpret the behavior dynamics of social individuals in why and how they exceed the stage of controlled social drinking. Education must, furthermore, teach society that the alcoholic can and

"There Are Certain Limitations"

By Rebecca Edwards, '52,
Lambuth College, Jackson, Tenn.

ALTHOUGH there is a probability that education can influence the alcohol problem, there are certain limitations. Through education mankind can hope to reduce such a dire problem only by starting at the ground and working with the youth. The best results will come from learning acquired in the home and in early grades of school. The type of education will have a lot to do with

the matter. Practical education will influence a child a lot more than classroom education. What good are a lot of long words and terms which he cannot understand?

The best type of education through which the alcohol problem may be solved is religious education. The needed social and moral education can best be found through the institution of the church. Numerous church organizations on school campuses teach the students to get a better understanding of life's values. They keep students from being swayed by what "everybody else does" when drinking is concerned.

Without being able to study the alcoholic situation from an unbiased standpoint of view, it is no wonder that young people take up drinking habits. Every person should at least have the opportunity to study the facts for and against before he decides what to do. Youth find themselves in an atmosphere where liquor is the accepted thing socially. Many students would not take up drinking if the facts were presented in an educational and convincing manner.

The aims of alcoholic education, in recognition of the widespread need of youth and adults for assistance in determining their own attitudes and practices, are many. It aims to present without bias scientific information concerning alcohol, its use and effect. It is necessary to develop proper attitudes in society toward the alcohol problem and to get rid of the prejudice, misunderstanding, and superstition which hide the facts.

One point that should be stressed in Alcohol education is the recognition of the presence of disease in the alcoholic requiring medical and psychiatric treatment. The need is great for safeguarding against the use of methods and materials which might create damaging emotional conflicts.

One of the teaching objectives of alcohol education in the schools is to develop a sense of responsibility for one's own welfare and that of others in regard to the use of alcohol. Another aim is to base all teaching upon situations familiar to the groups taught and within the level of their understanding and interest. Vocabulary and

teaching techniques should be pitched to their age level.

Initial emphasis should be given to the effect of alcohol upon the central nervous system. Only by understanding the effects of alcohol upon the mind can young people properly evaluate its social impact. There has been a tendency in the past to overemphasize the physical consequences of drinking. If it were not for the social consequences of alcohol we would be no more concerned about it than we are about excessive eating or loss of sleep.

It is not enough to teach students about the dangers of alcohol; they must be taught to respect the rights and feelings of others. Educational pressure against alcohol must be a pressure which works courageously, intelligently, and efficiently. Only when individuals care enough will action be taken.

Education Strikes A Stone Wall

By Charles A. Hutter, '52

Wheaton College, Wheaton, Ill.

STATISTICS ARE NOTORIOUS as cold, unemotional statements of fact. But once in a while even statistics can pack a wallop.

Take these for instance: 67 million Americans are drinkers, 3½ million of them are outright alcoholics.

Alcohol is responsible for one-fourth of the inhabitants of insane asylums and half of the inmates of prisons, jails and workhouses.

Forty per cent of traffic accidents are due to drinking. Drunken driving is the cause of twenty per cent of the fatalities and injuries in traffic accidents—which amounts to 300,000 casualties.

After spending, according to official government statistics, about \$7¼ billion on education and \$1¾ billion for religious purposes in 1950, Americans racked up an account of \$8¾ billion for alcoholic beverages—and paid an extra \$3½ billion for damage caused by alcohol.

Those are the facts—some of them—telling the story of human dissipation and death and economic waste.

wrought by alcoholic beverages. They are by no means cold and unemotional, they are vibrant with force because they present a human problem.

It is a problem we have had for many years, though never so acutely as now. We have tried in different ways to solve it: we have tried taxation, and prohibition, and education. But taxation has resulted in bootlegging, and prohibition was repealed and is still losing ground.

Education, seemingly the most promising of the methods, has had varied results. Much has been made of educational studies which prove the harmful effects of alcohol. However, observation would indicate that the true situation is probably closer to that described by one professor who taught for 23 years at a Michigan college, during which time courses in alcohol "and other narcotics" were required of all students. He says that "the janitors report carrying out as many beer and whisky bottles from the dorms, and the deans report as much trouble with drinking students as ever."

Meanwhile alcoholism continues on the increase, and deaths grow greater every year.

The trouble with education as an answer to the problem is that it is not mainly an intellectual problem. One author lists three reasons people drink: immaturity or maladjustment, "social acceptance of the drink tradition" by half the population, and "exploitation of the drug appeal of alcohol." Education will have its most direct effect upon those who drink for the last reason. It may be brought to bear on those in the second group, but it has no place at all in the first group.

Those of the second group—those influenced by the "social acceptance" of alcohol—present a more formidable challenge to education. A one-year freshman health course in college will not be enough for them, because that social tradition begins working long before they come to college. Alcohol education will have to go back into the early school days or even beyond, to the time when prejudices and biases are born. Alcohol educators will have to remember other media besides the school-room: Advertising, books, Sunday School and church

are examples. They will need access to the child as his opinions are developing.

It might conceivably be done: at any rate, it would be a long-range program. Every generation in which that "social acceptance" is reduced will add that much to the educative forces available.

But the first group, the immature and especially the maladjusted, are beyond the scope and the hope of education. So the drinking problem is only partly one of intellectual acceptance, and only partly one of prejudice. Ultimately, it is a matter of volition, resting on not only the mind but also the heart: desires are involved as well as facts—and it becomes a religious problem rather than an educational one.

This is not to say education is totally impotent. Even the work of training the will and the desires is made easier if education has prepared the way. The battle against the alcohol problem can make good use of every means available.

It might even be safe to say that the alcohol problem cannot be solved without education. But it certainly cannot be solved by education alone.

Until men's desires and wills are changed, education cannot make a very big dent in those appalling statistics.

Let's Train The Youth Of America

By Virginia Williams, '55

Oliver College, Kankakee, Ill.

WHAT IS BEING done today in our elementary schools toward the study of alcohol? Is the problem being presented adequately? What is actually being done today is so small that most of us college students now do not even remember being taught about it.

In our own class we have students from several states. When asked about what they were taught, these were their various replies. An Illinois student said, "We have never had any training, instruction or even mentioning of the alcohol problem." One Ohio student said, "I do remember a health class in which we had a few pages on

alcohol but nothing was discussed thoroughly." A student from Wisconsin said, "We devoted some time to alcohol study in health class but it wasn't forceful." A Michigan student said, "We were shown films and given information on alcohol; however, this was only given the boys who participated in sports. It was not given to the whole school." Just from this small survey we can get an idea what has been and is being taught about alcohol. Illinois even has a state law that the study of alcohol should be given to the school children. But is it? As we know now, if it is, it is not given clearly, accurately or even enough to make students remember studying it!

What can we do in the elementary schools of the future? How can we present this great problem clearly?

Yes, this is a great, great problem and there is much to be done. Of course, there must be the right training in the home and church, but the school should be able to do something!

Visual education is becoming more and more popular today, and we know there are films on alcohol and how it destroys our bodies. If children are shown these films, diagrams and models on alcohol and given full information, they will be adequately trained to face the problem of alcohol. Children must be shown something several times, then they will remember what they see. This will, of course, take patience, tolerance and co-operation on the part of the teachers.

But if the future elementary school teachers could only realize that 71% of the alcoholics today became intoxicated for the first time between the ages of 10-19, they would realize how desperately these young children must be taught the truth about alcohol. Today in the files of the F.B.I. there are three times as many juvenile delinquents recorded as there are students enrolled in all the colleges.

One state seems to have realized this need and is leading in its thoroughness of education about alcohol. This state-wide system of education on alcohol in Mississippi goes out at all levels of instruction. Six colleges in the state have offered courses on alcohol through various de-

partments. The plan that is being used is seeking to interest and equip the young men and women who will be our future teachers of all grades so that they may have the complete knowledge of alcohol and a desire to teach its great problem.

Miss Vashti Ishee, who has been the leader in Mississippi says, "We try to include all aspects of the Alcohol problem, not just its physiological and psychological. Thus we teach the importance of emotional stability and happy vocational adjustment."

The youth of today are the future men and women of America! Do we want America more corrupt than it is today? Then let us educate the elementary teachers so that they may train the youth to be the fair and strong citizens of tomorrow!

An Average Man's Opinion

By Jack W. Nealy, '52

Agricultural and Industrial College, Kingsville, Texas

IN THE UNITED STATES we have approximately 145 million people. Some of these people will be alcoholics, some will be social drinkers, some will be habit drinkers, and some will not drink at all. The big question to those interested in wiping out alcoholism is "Why?"

We are faced with the question, "Can Education Solve Alcoholism?" The question is meaningless. It should have been stated "Why don't we get more results with education in solving alcoholism than we do?" This is not a ridicule of the valiant people combating alcoholism with their last particle of energy, but an answer from one of those 145 million people surrounded by an environment of alcohol. It has made me wonder why I am so sure I will never be an alcoholic.

All of my life I have been associated with the class of people we must deal with: the average, above average, and below average. These are all thrown together under conditions that would stimulate anyone to drink if they thought it would eliminate certain undesirable emotions. I was a member of the United States Navy. Here is my reply.

Education can be considered the product of learning. In our present case, the product or the results are very poor. This leads us to believe that we aren't doing enough good to be worth the effort. At the present, I don't believe it really is, but it is something. Yes, it's something and a step in the right direction while we desperately seek the clue that will break the problem. While we are seeking this miracle, let us not overlook the problem of our educators. Let's inspect our house first. How many times have we picked up a piece of literature concerning the problem of alcoholism and were confronted with a mass of uninteresting statistics? How many times have we tried to motivate ourselves to read articles concerning the evils of alcohol and boringly thrown them in the trash can? Well why? Because they do not appeal to us. If they did not appeal to us then they do not appeal to thousands just like us and the expense and effort involved is wasted.

Yes, education on alcoholism is conducted in our public schools, but if it is instructed in the manner it was exposed to me, the method might as well be dropped. I challenge you to ask the following question to a cross section of high school students about the age of 14, "What makes a person drink alcohol?" The answers you will probably receive are: "Oh, I suppose some think it is smart." "I suppose, or I guess, they want to show-off." Few will give the basic reason why a person usually turns to alcohol—to escape frustrations. The age of 14 was found in our particular classroom to be the average age most of us took our first drink. If that is so, why do our educators neglect this phase of life? The child today is not an incapable adolescent as most people suppose. He is seeking information and is in the stage of making adjustments to life; then let those who are capable of giving objective guidance give the child something to work his brain with. The distilleries spend millions of dollars annually on advertising which concentrates on appealing to the people. This will give a rough estimate of the capital needed to carry on an equal campaign. All

these and more are serious obstacles we must face if education is to solve the problem of alcoholism.

The most appalling to me is the fact that the magnitude of this problem tends to make our educators formulate the following conclusions: "We can never solve a problem with so many personalities involved, so, why not just be satisfied with what we have been able to control and merely continue to do as well in the future." This is a weakling's view point. A war was never won by those methods, and this is a war! A war against alcohol and it can not be taken lightly. Just as reconditioning the minds of the Japanese people who were taught to hate us was accomplished with propaganda methods, then reconditioning the minds of people already surrounded with the propaganda of alcohol can be done by a thorough and conscious educational program.

The outstanding method still remains—to get the youth of the world on the right track and in the future the adults will be there.

The Major Solution

By Eindrige A. Karlsgodt, '54,
State Teachers College, Bemidji, Minn.

ALCOHOLISM, WHEN IT STRIKES an individual, affects his entire life; it affects his emotional attitude, his occupation, his family and home, his neighborhood and friends, and certainly his health. It weakens his character, disrupts his life and tears down his physical strength. Alcoholism costs money and time for both the individual and our country. There are 3,500,000 such individuals in our country today compared with 500,000 to 700,000 inflicted with tuberculosis. Thus, according to Dr. Selden D. Bacon, of the Yale Alcoholic Clinic, 4,000,000 worth of adults are lost to society for greater or lesser periods because of alcoholism, a disease with more victims than cancer, tuberculosis, and infantile paralysis combined. Is it any wonder that it is considered America's Public Health Problem Number Four?

The Only Real Preventive

By John Van Sant, '53,

Pasadena College, Pasadena, Calif.

A YOUNG MARINE nineteen years old sat on the bench of a foreign island. He was sick both physically and mentally. Beside him lay a dozen empty beer cans soon to be taken out by the midnight tide. Within, a deep craving which had seemed to cry out at every nerve and muscle had been temporarily satisfied. But what about the morning. It would be the same vise-like grip on the entire body again. How had he got into this condition; but, more important, how could he shake it? He had tried innumerable times, but was soon back in the same old rut that was slowly grinding deeper.

Where had this habit started? This poison had never been brought into his home. He had never seen his praying mother with a cocktail, or his father come staggering home in a drunken stupor. No, it was not in the home where he developed this habit.

In his years of formal education he had never had a teacher that cursed, smoked or drank. How well he remembered his biology instructor with the charts showing the effects of alcohol and tobacco upon the human body. He recalled the earnestness and concern with which this high school teacher exhorted the sophomores on the physical and moral effects of the practices which were accepted by many of the students' parents as normal indulgences.

While yet in school he visited an acquaintance in the alcoholic ward of the state insane asylum. The young man remembered the tenseness, the look of anxiety and beads of sweat that appeared on the patient as he related his experiences and vowed that if he ever got out of that hell-hole he would never touch another drop. But what effect had that particular experience had on the kid now lying on a far-away shore?

He had been taken to Sunday school and church ever since he could remember. There he had heard all about temperance, the struggling families of drinking fathers,

and how drunkenness would send a person to the fiery furnace of hell. But all this had missed the mark.

As he lay on the beach thinking about the outfit to which he now belonged and those who had been there for more than a few months, he knew that all were drinking 3.2% beer as well as hard liquor. There were former athletes, professional as well as amateur, and officers highly educated in medicine as well as warfare. These, the members of his company, had been reared in good as well as poor home conditions, had had favorable as well as unfavorable experiences concerning the use of alcohol, had attended all types of schools and universities; most of them had gone to church of one denomination or another. But what was wrong? All this training had failed in this particular environment.

One evening this young man at a point of upmost despair cried to God for deliverance from this which had broken his health, warped his mind, and threatened his very soul. This time a true friend beckoned, and tenderly told him, "Come, come unto me all ye that labor and are heavy laden and I will give you rest." Oh, how he desired that rest from the load he was carrying. But his Friend continued, "If I therefore shall make you free, ye shall be free indeed." And freedom from the load did come, for "if any man be in Christ he is a new creature, old things are passed away; behold all things become new." Yes, the greatest physician the world has ever known brought about another cure when the case seemed hopeless.

But what about preventing the disease? Had this young man known in reality that "there hath no temptation taken you but such as is common to man. God is faithful who will not suffer you to be tempted above that which ye are able, but will with that temptation make a way to escape that ye may be able to bear it," had he had this as a vital part of his experience, he would not have had to go through the torture and agony that he did.

In answer to the question, Can education solve the alcohol problem, I say yes. We need the best education that we can receive from the home, church, school, and society, but that is not enough. We must supplement that

education with a definite Christian experience which has Jesus as the teacher and the Holy Bible as the textbook. This, the only real preventive and cure, is education that will solve the alcohol problem. I know, for five years ago I was the young marine on the dark shore.

“Parent . . . Teacher . . . Doctor . . . Alcoholic . . . Youth”

By Kay Kludt, '55,

State Teachers College, Bemidji, Minn.

AROUND AND AROUND and around it goes, the tall, slender-necked bottle with the amber colored liquid gently sloshing against its appealingly labeled sides. Now it slows to a stop, its heavily sealed cork pointing at you, **Mr. Parent**. Don't look so puzzled for alcoholism is your problem too, you know. For example, what have you done about your children's alcohol education? Oh, you forbade them to drink. That sounds encouraging but it isn't all of your responsibility. If you took the time to explain **why** they weren't to drink, rather than just issuing a flat, "If I ever catch you drink-ink," you've got a pat on the back coming. If you haven't done at least this much, you still have a pat coming, but a harder one delivered a little farther down.

Look! The bottle is slowly turning again. Maybe this time it will stop by you, **Miss Teacher**. I know it isn't up to you alone to solve the alcohol problem, but it is partly your responsibility. Doesn't the fact that the American people annually spend more money on liquor than they do on education make you just a little "righteously indignant"? Maybe if you'd take some extra time and really show your students the facts on the dangers of using alcohol, you'd prevent one person from becoming an alcoholic. "One" isn't a very big number, but if every teacher in America saved just "one" person from alcoholism, think what the total would be.

I guess you're the next victim of the spinning bottle's pointing finger, **Mr. Minister**. I'd say your job was one of noble and self-satisfying ones I could name. It should

be a pleasure for you to help someone keep out of Alcohol's reach by giving him something else—namely God—to turn to for solace and support. By showing understanding and a real interest in an individual whom Alcohol has already lured into its clutches, perhaps you may be a great service to him in again returning to the "straight and narrow" of sobriety. Fire-and-brimstone, pulpit-pounding orations may bring desired results and so may quiet, intelligent reasoning that appeals to the best in a person. Whichever method you choose, apply it diligently, and you'll be doing your part.

Mr. Doctor, you are the bottle's next choice. I know you're doing much in your laboratories and hospitals to find the cause of alcoholism and a "sure cure" for it. For this you are to be commended, but even this phase of it isn't your private battle. Without the aid of public funds and public opinion you are stopped cold in your crusade for anti-alcoholism. Get out the records and statistics and make them widely available to the public. Put them in the hands of people who you know will use them to advantage to gain public favor and donations for the work you are attempting.

Mr. Alcoholic, your turn has come. Perhaps you can do more to solve this problem than any other person. You alone realize all the many and varied facets of alcoholism. You can point out stages of it that most people don't even know exist. You who have suffered from this affliction surely must realize what a tremendous aid it would be to someone just starting out on the road to alcoholism to learn these things beforehand.

Youth of America, now it's your turn. You've heard the parts that the others can play, but what about you? Think a minute. What influence have your alcoholic "contemporaries" had in helping you form an opinion on the alcohol problem? Most important of all, what have you as individuals done about alcohol and **you**? You and you alone can decide if you prefer to be a level-headed, conscientious non-alcoholic, or a frustrated, neurotic drunkard. In making your choice, consider this: If you don't care about yourself, consider the other fellow. Alcohol isn't fussy about whom it hurts; are you?

LOGAN HALL ROBERTS

(Continued from page 52)

sum to equip present and future generations of college students with understanding, to be gained through research and writing, for future service and leadership toward solving the alcohol problem of today.

When he established a permanent fund to insure the Editorial Contests of the Intercollegiate Association, LOGAN H. ROBERTS, attorney of the Northwest, created a self-multiplying educational project for many years to come.

May not others, with vision focused on the needs of TODAY, make equivalent investments, from the accumulations of their years, to insure and enlarge the creative program of the Intercollegiate Association among the colleges of North America.

For Mr. Roberts intended and expected that his investment for Editorial Contest purposes, would become a nucleus for other large gifts to the permanent educational program of the Association: Gifts to sustain the employment of young men in a new advance movement; to develop educational techniques and literature at the college level; to make available high-grade speakers for colleges wanting them; to multiply the activities of students themselves—and, more definitely, to guarantee the financial stability of the new, and now well-tested, annual INTERCOLLEGIATE SCHOOLS of Alcohol Studies and to strengthen and insure the continuity of The INTERNATIONAL STUDENT.

BEQUEST FORM

I give and bequeath to the Intercollegiate Association for Study of the Alcohol Problem, a corporation of the District of Columbia, Washington, D. C., the sum of dollars, to be used in the work of the Association.

Headquarters, 12 N. Third St., Columbus, Ohio.

THE ULTIMATE solution of this problem lies in its prevention. The tool of prevention is publicity. Whether the problem is arrested satisfactorily will depend largely upon the application of publicity and scientific research, research to improve the plight of the addicted user, publicity to change the present American attitude.—FRANK MENSEL, University of Utah, '53, Salt Lake City, Utah.

EDUCATION CAN—IN PART, ONLY

(Continued from page 38)

others, the total influence gained in childhood; to others, the unconscious or directed effort to change public opinion, attitudes and conduct. And, as to the alcohol problem, there is similar divergence of understanding, from that of "the alcoholic," the "drinking driver" and the sales place, to that of the total cult of "drink" in human society.

Yet, to study and bring out these divergences, is in itself a vital and needed educational process—perhaps the most significant.

It was difficult, therefore, say the judges, all high educational experts, to form a set of criteria by which to compare the papers in this contest. As one judge wrote:

"These papers point out decidedly two facts: (1) The amazing amount of education that some of the college students have gained; (2) the deplorable lack of knowledge that is evident among many others." And this judge adds:

"We certainly have a challenge in this field of education . . . There is need for instruction in this area in all our institutions of higher learning."

The honor awards and the cash prizes, amounting to \$1,500, were announced and presented to those attending, at the Intercollegiate School of Alcohol Studies, at Victoria, in the University of Toronto, August 29, 1952. The students attending that School—not the faculty or executives—by vote selected the topic for the Editorial Contests of 1952-53:

"SOCIAL DRINKING: What Do **You** Think?"

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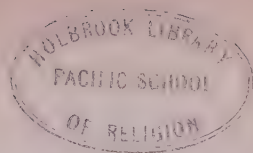
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THE
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STUDENT

In This Number - -

Sources of Alcohol Strength — for
Adult Study

Intercollegiate Activities in Eastern
Canada

Can Education Solve the Problem?

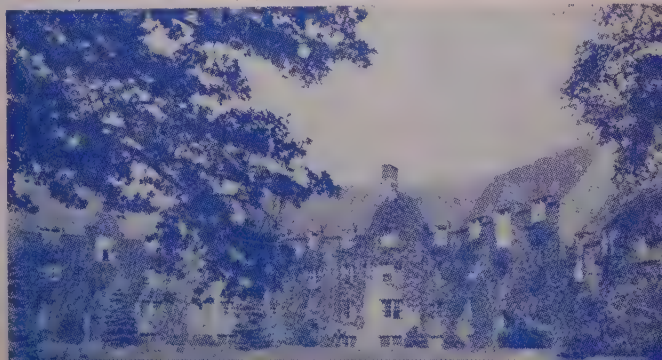
From Casual Drink to Alcoholism

International Conference in Paris

Student Leadership in Finland

One-drink Driver Experiments

Mount Allison University,
Sackville, New Brunswick, (See page 111)



democracy
something
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sponsibility"

THE INTERNATIONAL STUDENT

January, 1953

Vol. 50, No. 3

HARRY S. WARNER, *Editor*

Most People Do Not Know

HOW SERIOUS IT IS

THERE ARE in the United States at present 750,000 known chronic alcoholics; actually however, there may be three to five times that number, said Dr. Selden D. Bacon, Sociologist on Alcohol Studies at Yale University at a conference in Detroit, May 28, 1947.

A revised study from the same research center, in 1952, brings the total of known alcoholics to 950,000, the broader estimate to about 4,000,000.

"Alcoholics require more police time than any other duty except caring for parking and traffic," Dr. Bacon continued. "They comprise two thirds of our jail occupants.

"They are a major problem for public health authorities, consume much of the time of our physicians and psychiatrists and of our missions, charitable, and social agencies.

"The trouble is that most people do not know what the problem actually is. They have over-simplified it. They attack part of it only. Continued loss to it is from 6 to 7 per cent of our whole adult male population."

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Sources Of 'Drink' Problems

For Adult Study

By HARRY S. WARNER

WHEN STUDYING any social problem, especially one as complicated and controversial as are those related to the use of intoxicating drink, it is most desirable to begin in as objective a manner as possible. Only by looking at it thus can a true and all-over understanding be obtained.

This scientific attitude may not be easy to acquire, in the face of sharp difference of opinion and propaganda, pro and con, or to accept when vicious evils are outstanding. Few teachers, students or other people can take this position fully, since practically all of us have backgrounds of personal and group feelings that have come from acute experience and, usually, limited opportunities for observation.

Basis for Intelligent Decision

Yet it can be done—for the time of study, at least. Without discarding or concealing well-established convictions, a careful, many-sided and honest investigation even of "drink" can be made. To do so, is to find a lasting foundation for understanding, intelligent decision, and constructive action toward solution later.

On the alcohol problem of today, students, educators and realistic laymen alike are face to face with many confused aspects. What one sees—even what one scientist sees—may not be what another sees; or one may see what the other fails or refuses to acknowledge on account of background or "wishful thinking." It is particularly desirable, therefore, that a new or renewed approach, based on accumulated and recently developed scientific knowledge of this particular problem should be outlined for comprehensive study.

What IS the Problem?

An early question under such an approach will be: "What is the Problem of Beverage Alcohol? What are its essential factors—those that bring its questionable aspects into existence? How did it come to be what it is? What does scientific research show regarding its origin? The place it occupies in society today? For there would be no problem if the consequences of "drink" were not serious and worthy of study. And there are many, far too many, inaccurate, one-sided opinions found everywhere, even among educated people, regarding the basic problem itself.

Well-known "Outcroppings"

The question, "What is the Alcohol Problem?", therefore, may bring out a great variety of off-hand answers from the ordinary observer and even from experts who specialize so closely that they do not see the whole of the problem. Much less can be expected from the average citizen. He is not, in position to see the whole, the forest, not just the trees. It is the practical sociologist, perhaps, rather than other scientific educators, who can best express the meaning, motives and consequences of alcoholic drink in human living.

Among the popular—although partial—views that prevail widely, as they might be compiled by an inquiring reporter are those that center in the following:

The Drinking Driver

The Street and Jail Drunk

The Alcoholic

The Excessive Drinker

The Teen-Age Drinker

The Saloon—renamed Tavern

That First Drink—Where, When?

Fast Living—and Relief from Tensions

The Line between Moderation and Excess

The Cost to Home and Family

Liquor Advertising

"The Man of Distinction"

How Regulate—Control—the Sale

The Alcoholic as a "Sick Man"
The Man on Skid Row
"Gimme a Dime"

Three Main Sources

There is a large degree of agreement among high experts, especially sociologists, psychologists and welfare workers, that not one of these aspects is "the alcohol problem"; that all are parts of it, interrelated to be sure, but parts, and that for study and public education, as well as lasting advance in constructive service, all must be taken into account; that, back of these factors, there is the deeply human question of the total impact of alcohol on personality and social living.

Modern knowledge, accumulated from history and research, revised and re-written in accord with increasing knowledge, includes **at least THREE MAIN SOURCES**, or basic conditions, out of which come the aspects that different people see; also, the motives and consequences as they appear in the many concepts and specific questions that are only too well known generally. For a balanced understanding, all should be taken into account and brought out in teaching and study. They are:

1. The **DISTURBED PERSONALITY** of the drinker himself; his emotional and nervous make-up. This drinker is the one who quickly becomes "the Alcoholic," the "Drunk" of past years.

2. The **TRADITION OF DRINK**—of its desirability, the pleasure and satisfaction it gives; the place it has held from primitive days down to 1953; in family, nationality and group sociability, customs and folkways; in "the mores of the masses and the customs of the classes." This tradition in a large part of modern culture—perhaps a majority part—is a far-reaching social fact to which little study has been given.

3. **ECONOMIC and SOCIAL EXPLOITATION** of the drug effect of alcohol and the desire for euphoria and intoxication, mild to heavy, is a factor to be taken into serious account, as a modern contributing source of great significance. For the progressive tendencies of alcoholic

satisfaction, pleasure and relief from inhibitions and tensions, lead to the forming of social practices and personal habits that offer an appealing resource of economic gain.

These main sources taken together serve as a background to the various personal, social, economic, legal, moral—and many other—specific aspects that make the cult of alcoholic drink a confused problem as it is today. They may be analyzed, separated for study, and for practical and technical efforts toward amelioration; but they must be synthetized and coordinated for educational purposes and for real understanding. Together, they are one—the drug action of alcohol in human living, a drug problem, not a temperance question.

The “Alcohol Sick”

In further discussion of these sources, it should be noted that recent scientific research has brought out much new information regarding heavy drinking—the most obvious factor in the whole situation—and the stages of alcoholic effect from casual drink, occasional or moderate, to excessive and compulsive. There are some who take it very rarely; many who drink in what is called “moderation”—a very indefinite term; there is the occasional drunk, who goes on sprees; the heavy drinker who drinks by choice; and many others. These are not the true alcoholics. The true **alcoholic** does not choose—after his beginning days. He is a “compulsive drinker” who has lost his power of decision. That is a characteristic of his disease—of his personal condition. He is “the sick man”—sick in his psychological make-up. His drinking is a symptom of his depleted life. His illness might well be called a neurosis, or a psychosis; for it is only after alcohol is added to his disturbed system that his trouble can be called “alcoholism.” Without alcohol, he would be sick—but not alcohol-sick.

Practically all investigators, psychiatrists and health experts now regard this alcoholic as needing expert care and treatment, a hospital instead of a jail. Since his

Continued on page 131)

Intercollegiate Activities Begun

In Eastern Canadian Colleges

By Barbara A. McNutt, '53,

Mount Allison University, Sackville, N.B.

IN A FOUR WEEKS tour, in October and November, conferring and speaking in the universities and colleges of Canada's four eastern provinces—New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland—Rev. John Linton of Toronto opened the way to a new, scientifically-based approach and program on the problem of alcohol under the leadership of higher education in these eastern educational centers.

He interviewed university officials, lectured in college classes, planned with faculty members regarding instruction on the problem under modern educational methods, lead in group discussions, examined library resources and called the attention of librarians to the new books of recent years. But the most significant part of his work, doubtless, was the time given to the students themselves, in small meetings, personal talks and "bull sessions."

It was found, as in most colleges elsewhere, that very little attention had been given to the alcohol problem or to education on it, in recent years. This was indicated by the absence of recent publications in the libraries; most of the material available was thirty years old, but the librarians were ready and willing to bring their equipment up to date as far as budgets would permit. Faculty members were glad to know that something was being undertaken at the college level in other Canadian Colleges and that it could happen on their campus too. They seem to have become genuinely concerned over the increase of drinking among the students, but just did not know what to do about it.

The program of two days at Mount Allison included chapel talk, five lectures in classes in Psychology, Sociology, and Ethics, and faculty and personal conferences.

Students showed particular interest in the problem as it was related to the field in which they were studying.

As secretary of the Intercollegiate Association in Canada, Mr. Linton called attention to the Editorial Contests of the Association, reported the success of the International Intercollegiate School, last August, at the University of Toronto, and initiated plans for the attendance of students at the coming School in August 1953.

This tour was ground work for what we hope will come later. Mr. Linton was interested, first of all, in finding out what is the need for such a program, and what the reaction of the educational institutions would be, now that they are aware of the existence and objective study program of the Intercollegiate Association. Now it is hoped that many in the colleges may get to work and really do something in scientific educational leadership for the college itself and the country on this serious social problem.

This autumn tour among the universities and colleges of the Maritime provinces of Canada, by Mr. Linton, followed two similar conference and speaking tours, within the past year, in the prairie and far-western provinces. Including faculty and student contacts and discussion visits to the colleges of Ontario and Quebec, some of them several times, to the end of 1952, Mr. Linton has introduced directly the new scientific approach to education on the alcohol problem to practically all the colleges of Canada, from St. John's, Newfoundland, to the University of British Columbia, Vancouver. The new attention thus centered on the problem had much to do with the very successful Intercollegiate School of Alcohol Studies at the University of Toronto, in August, this past year.—EDITOR.

Where the family income is \$10,000 or over, 86 per cent of the men and 79 per cent of the women students drink.—From a 5-year study of college drinking by Yale Laboratory of Applied Physiology.

Can Education Solve The Alcohol Problem?

By Robert M. Zimmerman, '55
Baldwin-Wallace College, Berea, Ohio

IF YOU WERE an alcoholic, would you want to quit drinking? Could you quit just because you wanted to?

Most of the people in our country who drink excessively—and that includes about 3,800,000 of our adult population—don't want to stop drinking. If they did, the problem would be much simpler to solve. Since the adult drinkers do not wish to curb their drinking habits, the place to start seems to be with the younger generation.

Recent investigations prove that drinking almost always begins between the ages of fifteen and twenty-one. This is just as the youth becomes conscious of social pressures. He begins to note what others around him are doing and how he can best fit in with the scheme of society. If society drinks, isn't it natural for the youth to think it necessary, also? And yet, wouldn't this be the logical time to lead him away from drink? The individual is most likely to form lasting habits during this period of life, so why not form those habits against drink instead of for it? If we accept this as an axiom, the problem becomes one of finding a way to make abstention the rule rather than the exception. Education seems to be the logical first step toward our goal.

High school and college students should have the facts presented to them clearly and truthfully. Any shading of the issue in an attempt to win them over would only bring about the opposite result. College age people seem to want the truth in all matters. If the adolescent group knew the dangers of drink and would weigh the actual pleasure which they derive from drink against the pos-

Slightly condensed from a paper in the 1952 Editorial Contests of the Intercollegiate Association.

sible disasters from it, surely a good percentage would quit drinking or possibly never start.

What about the remainder of the group who view the facts and still have no wish to stop drinking? Undoubtedly there would be a sufficient number of these to warrant thought on the subject. In my estimation an important point lies here. Education alone cannot solve the alcohol problem. A person must want to live a pure life before he can begin to cleanse himself. Here we must realize that the church will have to help in the fight against alcoholism. The perfect solution would be to have the church instill the desire for change in people, and then let the schools provide a way for that change. In this way we would be working at the problem along a trend that is natural for the mind to follow. First, convince the individual that a change is necessary, and then by guidance through schooling let him work out the problem himself.

In my opening paragraph I said that adult drinkers were too set in their ways to be changed. This doesn't mean that we should ignore their plight; instead we should continue to help them readjust themselves. With the youth of America we have a better chance to nip the problem in the bud. I strongly believe that with the younger generation lies the solution of the drinking problem.

Let me close with these observations. The problem of alcoholism is deeply rooted in the American public. Like the race problem it will not be cured in a matter of months or years, but the time to act has arrived. First, we must awaken the people to the fact that a definite change is vital. This we must do through the churches. Next, we must give our youth truthful education whereby they may know the facts and choose for themselves. We must be so convincing that the youth of America will feel that the only sane thing to do is to stay away from drink. Finally, we must continue to help those who are beyond the stage of helping themselves. If we follow these paths to their completion, I feel sure that we will solve the alcohol problem.

From Casual Drink To Alcoholism

Progress Analyzed

THAT THERE is a progressive tendency toward increasing disorder in "drink" was recognized at the Fifth General Assembly of the World Health Organization, May 21, 1952, in Geneva, Switzerland. Reported by Sidney Taylor, from Geneva, this trend is as follows:

There are 43 steps on the down-hill road from the casual drink to acute alcoholism.

The steps are plotted in a new report on alcoholism released by the World Health Organization. They form a "chart of addiction" based on the drinking habits of more than 2,000 male alcohol addicts to enable scientists to classify excessive drinkers.

Women's habits aren't included because their progress to rack and ruin generally isn't as easy to follow as men's and they often sink faster.

Casual Drink the Start

The chart shows that most cases got into trouble with those first occasional pick-me-up drinks. This casual drinking leads to "constant relief drinking" and the first sign of addiction, "alcoholic palimpsests"—technical term for forgetting what happened the night before.

Some of the main stages from then on:

1. The tippler stoops to surreptitious drinking.
2. He becomes pre-occupied with alcohol, has one or two before going to a social function to fortify himself against a possible drought.
3. Loss of control. As soon as any small amount of alcohol enters the organism, there is an immediate demand for more.

Warnings Start

4. Social pressures begin. His drinking behavior has become conspicuous. There is a marked loss of self-esteem as friends and relatives probably begin to warn him.

5. Grandiose behavior—extravagant expenditure and

grandiloquence. Also marked aggressive behavior, generating guilt.

6. He "goes on the wagon" quite frequently.

7. He quits jobs. Sometimes he is fired, but more often he takes the initiative himself as an anticipatory defence. About here he also begins to be concerned about how his activities might interfere with his drinking instead of vice versa.

8. Change in family habits. His wife and children may withdraw from him.

Health Deteriorates

9. Neglect of proper nutrition begins to ruin his health, often leading to the hospital and decrease of the sexual drive.

10. Regular morning drinking, the beginning of the chronic phase.

11. The inability to do a simple mechanical act such as winding a watch without a drink.

12. The entire rationalization system fails. The addict admits defeat. He now becomes spontaneously accessible to treatment but his obsessive drinking continues since he sees no way out.

THE MOST HOPEFUL approach today toward a solution lies in a sound and scientific educational program which presents, through all available media and in a factual, impersonal and positive manner, the latest scientific findings concerning alcohol.

Such a program must not convey the impression that drinking is a worthy habit for young people. It must not undermine the influence of a good home in which alcohol is used in moderation. It must not use exaggeration, over-emphasis, exhortation or other similar approach.

Such a program should present to the student, not preconceived conclusions concerning alcohol, but such information as will enable him, with the advice of his parents, to form his own reasoned conclusions when years of discretion are reached.

—"Manual of Reference for Alcohol Education,"
Department of Education, British Columbia.

International Conference In Paris

Studies World Alcohol Situation

REPRESENTATIVES from 27 countries, official delegates from 17 governments, and invited guests, 500 in all, met for five days, in September, at the Sorbonne, in Paris, to face frankly the alcohol problems of today. Bringing with them, as specialists and educational and preventive experts, the latest developments in research and public observation, they discussed various medical, social, economic and moral aspects of the alcohol situation, as well as the specific problems—such as the alcoholic—that have gained major attention in recent years.

Meeting in the Salle Richelieu at the highest educational center of France, the Congress had as president Minister Tapio Voinmaa of Finland, and as chairman of the organizing Committee, Professor Debre of the Faculty of Medicine of Paris.

Seeking to be of immediate practical service, in addition to discussing recent scientific information, the Congress gave one session to the public demonstration of four new methods and drugs for the medical treatment of alcoholics. Each was presented by the doctor who had made or developed the particular discovery. Each was given attention as an aid to doctors and health experts in their service to the alcoholic sick.

The Congress, however, did not confine itself to alcoholic illness and its treatment—new or old—but studied alcoholism as having serious consequences in the social relations and personality of its victims. The trend of discussion indicated that if the problem is to be understood fully, and improvement assured, a psychotherapeutic and moral or religious approach must be

Condensed from a press-bulletin of the International Bureau Against Alcoholism, Lausanne, Switzerland, October 1952, reporting the 24th International Congress Against Alcoholism in Paris, Sept. 8-12, 1952.

included in any comprehensive program of improvement. The significance of this view was brought out particularly by the directors of homes for inebriates, speaking from experience and by the delegates from societies that deal with the problem from a religious point of view.

The importance of wide public education, including both scientific knowledge and information to aid in the enforcement of public regulations for the sale of liquors, and the penalties for driving while under the influence of alcohol, was brought out frequently by the Congress. Also, the production and consumption of fruit juices was frequently emphasized as preventive measures by experts from various countries.

Resolutions

As a report to others interested throughout the world the Congress adopted a set of resolutions that included the following:

In consideration of the understanding that alcoholism is an illness that must be attacked with medical remedies and psychiatric treatment, the Congress recognized with gratitude the results that have been obtained from such treatment. However, since the alcoholic is himself partly responsible for his illness, and to assist and insure the success of medical treatment, the Congress asked that the alcoholic sick be made aware of their responsibility to themselves, and given such education as will tend to bring them back to normal living.

To help remove the danger of misunderstanding and confusion that comes, often, from lack of precision in the frequently-used terms relating to alcoholism and anti-alcoholism, the Congress resolved that there should be constituted a commission to create a standard terminology that would serve in many languages.

The medical men in attendance proposed that, in seeking means of prevention as well as in perfecting methods of treatment, close cooperation between doctors, psychiatrists, and social workers be regarded as necessary. Also, that the drinker be encouraged to affiliate himself

with groups and societies which recognize the need of moral and religious ideals and standards.

The systematic organization of alcohol instruction at all educational levels and the requirement of an examination for students preparing to teach, were strongly urged.

To intensify the production of grapes for food purposes, it was proposed that economic encouragement be given by means of loans, technical instruction, tax exemption and similar methods.

Other constructive measures proposed, included a ban on advertising favorable to alcoholic beverages; periodic publication in the press and by cinema, radio and television of the dangers resulting from the use of alcohol in any of its forms; reduction in the number of establishments selling alcoholic drinks; prohibition at airports, and of the use of intoxicants by pilots for a sufficient time before flights; compulsory tests to ascertain the alcoholic content in the blood of those responsible for accidents—in traffic and at work; also, of those responsible for crime while drunk, and with increasing penalties; the setting up of dispensaries, special hospital services and institutions for the treatment of alcoholics.

The close connection between alcoholism and unhealthy living, such as slum conditions, poor housing, etc., was recognized, in the resolution that urged the adoption of bold policies by governments to improve housing conditions and raise wages so that mothers may be able to remain at home and care for their children in those homes where children are neglected.

And, quoting the final: "Considering the importance of the alcohol problem and the inadequacy of present measures to halt its development, this Congress asks that governments adopt energetic educational, social, health, economic, and penal measures, and requests the United Nations to set up an international convention to regulate the production and distribution of alcoholic drinks."

Student Leadership In Finland

FROM 1886 TO 1953

By Martti Voipio

IT WAS AS EARLY as 1886 that students in Finland first began to take active interest in the alcoholic drink problem. A society was formed, that year, at the University of Helsinki, the Y.R.Y., to face the situation of that day.

Within a few years, the society at the university, began a program of education among the high schools, the gymnasia, that resulted in the organization of a large number of active groups in these schools. In 1906 the high-school societies were united into the Temperance League of Finnish Student (or Studying) Youth. For years these gymnasium-students and undergraduates were the leaders of their own work; then gradually the teachers began to take a more active and leadership part. The League had at that time about 10,000 members in 20 local societies, the membership and the activities of this movement increased greatly.

During the 1920's, the older student society had a period of very favorable development. A new university society was formed at Turku. Professors and national leaders, who had followed the activities of the organization in previous years, encouraged the students to create interest in scientific research on the alcohol problem, and thus to aid the general movement in Finland. The influence that educated leaders could have on public opinion was given much attention. It was hoped that a new spiritual leadership would be developed in the

In Finland, where the use of alcoholic beverages is less than in other European countries, there has been, for fifty or more years, a strong movement among students in the higher schools and universities in study and reduction of the custom. As student speaker and writer Mr. Martti Voipio of Helsinki is one of the national leaders in this movement. He is this year attending Yale University Divinity School on an exceptional scholarship.

universities that would enlist leaders to replace the pioneers who had died, or had lost enthusiasm in the unsuccessful movement to obtain prohibition.

By 1951 the time had come for a new advance. On December 12 of that year, the Academic Temperance Federation was formed. It included, in one national society, the societies at the two universities, Helsinki and Turku, the Academic Temperance Society that was working among graduates, and, three years later, a new society at the Pedagogical College of Jyaskyla. Today there are 900 members in the four societies.

The first task of the Academic Temperance Federation is to carry on education and propaganda activities among the undergraduates; it offers club activities, invites both undergraduates and matriculated candidates to parties, and organizes recreational and lecture programs for various student groups. It publishes a substantial periodical, **The Alcohol Problem**, Dr. Pauli Tuovinen, editor, now in its twentieth year, and makes scientific and student lecturers available to the public, as well as the schools. The society also publishes a small promotion sheet that is sent four times a year to all undergraduates.

The second task of the Federation is the promotion of research. Although it has very little money, it has nevertheless made small investigations, and it has inspired many young scientists to make special studies in the alcohol field. Many of these have been published in "Alkoholikysymys," and often with a short English, French or German summary following the article. The periodical summarizes, also, the reports of research made in other countries.

The third task of the Federation is to provide special services by students for the general temperance movement of Finland. The society manages an office from which lecturers may be procured by any group or organization, as well as providing qualified speakers for the higher educational centers and schools. Another function served is the equipping of leaders; many now serving as secretaries, trustees and in other capacities in various

temperance associations have been members of the academic federation.

The Federation has been and is now greatly interested in international relations with similar student movements. Even before it was founded it had organized in 1931 in Helsinki, a Scandinavian conference for undergraduate students. Similar conferences have followed continuously: at Copenhagen in 1934, at Oslo in 1938, at Stockholm in 1947 and in Helsinki in 1950. Cooperation with the students in these countries is especially close and vigorous.

Contacts with similar movements in other countries have been maintained, usually, by an exchange of publications. However, representative students from the Finnish Academic Federation have taken part frequently in the International Congresses Against Alcoholism (composed mostly of experts) each three or four years, and, since 1950, in the International Youth Conferences, 1950 in Holland, 1951 in England, and 1952 in France. It is hoped that connections with the Intercollegiate Association in America and Canada may be renewed and, if possible, that the World Student Federation Against Alcoholism, may be brought back to life.

Alcoholism is not a specific disease, but the result of an attempt to escape a painful reality, such as boredom, nervous tension, unpleasant environment and mental conflict. There is no way of spotting the potential alcoholic. A trip to the nearest bar may be quicker and cheaper than a trip to the country, but it aggravates rather than solves the problem which makes a person feel the need for alcohol in the first place.

There is always danger that the normal person who drinks moderately may turn to alcohol as an escape when faced by an abnormal condition.—Dr. George T. Harding, psychiatrist, Ohio State University.

Recent Information Regarding Drink

Among High School Students

AS A BASIS for enlarged educational activity on the alcohol problem among the schools of Utah and the general public, a careful survey was made by the State Board on Alcoholism and the Utah Committee on Alcoholism to determine the extent and the practices of drinking among the high school students. Five schools, representing a cross-section of the population were selected for study—two in rural areas, one in a mining district, one serving both rural and urban populations and one in a large city school.

The main factual results have been summarized as follows:

Frequency—A total of 1,177 students participated in the survey. A few did not answer some questions, but in general the response was satisfactory. Of the total, 804, or 68% never drank; 354, or 30% drank occasionally; 16, or 1%, frequently. Of the 614 girls, 488, or 79%, did not drink; 118, or 19%, did occasionally; and 6, or 1%, frequently. Of the 563 boys, 316, or 56%, never drank; 236, or 42%, did occasionally; and 10, or 2%, frequently.

Parental Drinking—Of the 1,145 mothers on whom reports were given, 900, or 79%, never drank; 215, 19%, drank occasionally; and 30, 3%, frequently. Reports were received from 413 of the fathers of tenth grade pupils, of whom 51% never drank; and of 737 in the 12th grade, of whom 61% never drank. 391 fathers were reported as

Condensed and compiled from the survey by Arthur D. Slater, M.S.W., of the Utah State Board of Alcoholism in 1951 and published in the *Utah Alcoholism Review*, April 1952; also, by the *Quarterly Journal of Studies on Alcohol*, Yale University, March, 1952. See also the *International Student*, May 1952.

drinking occasionally, and 99 frequently.

Where Students Drink—Of the 124 girls who drank, 61, or 49%, drank in their own homes; 40, or 32%, in the homes of friends; 23, or 19%, in beer parlors or taverns; and 40, or 32%, in cars or elsewhere. There is duplication here, some evidently checking in more than one place. Of the 246 boys, 71, or 29%, drank in their own homes; 70, or 28%, in the homes of friends; 56, or 23%, in beer parlors or taverns; and 144, or 59%, in cars or elsewhere.

These figures reveal that 19% of the girls and 23% of the boys drank in licensed places, thus violating the law against sale to minors, and that 32% of the girls and 59% of the boys drank in cars or other places, where moral and physical danger was greatest.

Why Do They Drink?—Four possible reasons were given in the questionnaire. Of the 124 girls, 85, or 69%, did it to "follow the crowd"; 26, or 21%, to increase gaiety; 13, or 10%, to forget troubles; and 5, or 4%, to derive physical benefit. Of the 246 boys, 164, or 67%, were "following the crowd"; 65, or 26%, to increase gaiety; 21, or 9%, to forget troubles; and 8, or 3%, for physical benefit.

Those students who drank to "forget their troubles" may be developing into alcoholism. The disturbing fact is that 69% of the girls and 67% of the boys were "following the crowd" in their habits. Only 124 out of 614 girls drank, one out of five, so it would seem that the "crowd" practiced abstinence instead of drinking. Similarly with the boys, 164 out of 563 were "following the crowd," or about one out of three and a half. A course in plain arithmetic would benefit these youngsters.

Liquors Preferred—Of the girls who drank, 52, or 42%, preferred beer; of the boys, 120, or 49%. 22% of the girls and 13% of the boys preferred wine; and 23% of the girls and 32% of the boys chose whisky.

When Students First Drank—Boys took their first drink at the average of 14.4 years, and girls at 14.5 years. Tenth graders began to drink at 13.6, and twelfth graders at 15.4 years. Some reported that they started drinking

at 12 or younger. This suggests that education about alcohol should be placed in junior high schools instead of waiting for the senior years.

Summary—Among 1,177 students in Grade 10 and 12 in 5 high schools of Utah, 20% of the girls and 44% of the boys reported that they sometimes drink. At least 32% of the girls and 59% of the boys who drank had at some time indulged in drinking under circumstances presumably unapproved by parents, e.g., in automobiles. The majority of students checked social motivations for drinking, 1% thought drinking might aid in forgetting troubles, and 7% thought it might have physical benefits. More preferences were checked for beer than for whisky or wine. The mean age at first drinking for both boys and girls was 14.5 years, but a substantial number reported having been introduced to alcoholic beverages at or before 12 years of age.

Your Own Educated Judgment

DO NOT BE an abstainer simply because some one else is, and do not embark on a perilous sea simply because some one asks you to 'drink'; but be what you are going to be, and do what you are going to do, because your own educated judgment tells you it is the wisest course. For my own part, as thousands have heard me say, it is at the bar of an educated judgment we must bring and leave this vital national issue.

—COURTNEY C. WEEKS, "Alcohol and Human Life."

YOU DON'T explode social customs with a law. Merely attacking the government or government policies will never solve the problem of alcohol. We have attacked the government for years. Rather we must change the public mind. This is a very big problem and it must be attacked on half a dozen fronts simultaneously.

—ALBERT JOHNSON, General Secretary, Ontario Temperance Federation; annual report, Oct. 14, 1952.

A Source Of Drink Practices

Among College Students

THE YALE CENTER of Alcohol Studies, after surveying 17,000 students on 27 campuses, relieves the colleges of a great deal of the blame that has been heaped upon them. The survey reveals that 80% of the drinking young men and 65% of the young women who imbibed acquired the habit before they registered as freshmen.

Then where did they learn? The Yale report points pretty directly to the home. Of the young men whose parents both drank, 90% drink themselves. Of those whose parents both abstain, only half take up the drinking practice.

Young women show the same tendencies but in a lesser degree: Four-fifths of the young women both of whose parents drink, themselves use liquor at least occasionally. Less than one-fifth of the daughters of abstaining parents, however, learn to drink.

Such findings do not rule out the influence of high school and other pre-college associations. But they do suggest that the example more than the words of those who have stood closest and dearest during the growing-up years operates powerfully.

From an Editorial, "Where Do They Learn?" in *The Christian Science Monitor*, July 26, 1952.

We are partners with destiny in building an unfinished world.

—Rabbi Harry Kaplan, Oct. 12, 1952.

When both parents are users, 83 per cent of the women students drink on occasion. When both parents abstain only 19 per cent of the women students drink.—From a 5-year study of college drinking by Yale Laboratory of Applied Physiology, 1952.

Four out of five college men who drink began their drinking before they entered college.—From a five-year study of college drinking by Yale Laboratory of Applied Physiology, 1952.

Education Versus Society

By Lois Beth Vosacek, '55,
Cornell College, Mt. Vernon, Iowa

"COME ON, DON'T be a kill-joy!" Every youth in our society is urged at some time or other in words similar to these to take a drink. Almost every youth in our society has also heard teachers in both school and church enumerate and preach on the "evils of drink." But the immediate fear of not being accepted is vastly stronger than the vague threat to a happy physical and mental life which these classes teach is the result of "indulgence."

It is a rare youth that has escaped some formal education on the effects of alcohol. In grade school, hygiene classes present the facts of the physical effects of alcohol. In high school, the drivers' education class lingers briefly on drunkenness and its relation to accidents. The psychology class and the sociology class learn about its effect on society. The bookroom has a supply of textbooks on alcoholism for the use of any teacher in any course. Like all subjects dwelled upon, it becomes boring and commonplace with repetition. The "cold facts" are too cold. They mean about as much to the student as the average rainfall in Australia, or the amount of gold mined in the Homestake mine in such or such a year.

On the other hand, the church has waged a battle against "that devil rum" in highly colorful and vivid expressions familiar to and scoffed at by most. The Sunday school classes are taught, on the whole, by incompetent personnel who present the material by reading it from the lesson manual; or else we are faced by a sweet old lady who begs us in trembling tones to "abstain" and usually ends by passing out temperance pledges. The church may have a Temperance Sunday every year. On that day the minister preaches an impassioned sermon, a movie may be shown, and the ubiquitous temperance pledges are again circulated. Occasionally the church brings in a lecturer or evangelist who explodes in right-

eous indignation. That is the average Christian's formal education on the topic.

Putting the two together, one is led to disprove the emotional by the statistics. And the statistics don't really sound too bad—slowed down reflexes, inability to walk a straight line. All of which leads to the conclusion that educational techniques should be improved. Classes taught by trained teachers, presenting the social aspect less emotionally, the facts with less rote, and employing modern methods and principles, would increase the effectiveness of formal education. But will it solve the alcohol problem?

Will the youth, when surrounded by a group who seem to be taunting, daring him to take a drink, stop to run over the statistics? In the dormitory it limits your horizon somewhat not to have tasted alcoholic liquor. It's just the same as though everyone else has been to California, and you have not. And as everyone would say, "you must visit California," everyone says, "you must have a drink." The social pressure, the fear of being considered "goody-goody," has much weight in our social system. As long as society demands a cocktail before dinner, a highball or two during the evening, or a bottle of beer while relaxing at home, education will fail. The two, society and education, seem at odds. You are taught that it is "smart" to leave alcohol alone, but you learn that it is "smart" to "have one." It seems an adventure at first. But there are many things in life which seem attractive, but which we refrain from because society frowns upon and punishes the doers. Fear of society's rejection keeps humanity in line as well as out of line.

The solution to the alcohol problem is to switch drinking from being on the right side of the tracks to the wrong side. Society must demand sobriety. Education will help a little, but only a little, in reversing society's position. It will be effective only in conjunction with wiser counseling. Drinking to excess is usually the result of trouble in the home. Drinking is usually the easiest way out, seemingly. Just as easily attainable

and as well known to the public should be the aid of ministers, psychiatrists, and bureaus for the purpose of patching up the home life. But better yet is to work to prevent emotional and social strain. Francis W. McPeck said it thus: "The real problem does not appear to me to be either inebriety or delinquency, but rather the problem of eliminating their causes in the family and community." Social agencies, churches, and schools must work harder together to improve the stability of the home and the attitude of the majority.

One – Drink Driver Experiments

EUROPEAN DATA

SEVERE TESTS which included reversing on a seven-inch wide plank have been carried out on 37 expert motorists in Sweden to test their reactions to alcohol.

Dr. Leonard Goldberg of Sweden's Karolinska Institute, organized the experiment. The 37 drivers had to drive at speed out of L-shaped garage-ways; steer in confined spaces, and brake and start in deep sand.

Their powers of concentration and judgment were carefully studied. Then they were split into two groups—drinkers and teetotallers.

Concentration Poor

Drinks were served to the drinkers and the tests were resumed over the same course, all drivers being 'apparently sober.'

On the second run the drinkers were slower, but the teetotallers were 20 per cent more successful than on the first attempt.

The *London Sunday Express*, England, featured in its October 14, 1951 issue, an article dealing with the dangers in quite small quantities of alcohol to the motor driver. The article, by Joseph Garrity, here reproduced in part, begins by quoting the Lord Chief Justice, who said, "Drunken drivers are like mad dogs," then says that long before the "mad-dog" stage is reached, efficiency has been impaired.

Dr. Goldberg reports that the drinkers suffered from over-confidence, inferior judgment, and poor concentration.

One of them was unaware he had knocked down a row of marking poles, another did not know his car had slipped off the seven-inch plank.

A third became so furious at his failure to back on to the plank that he made 15 attempts without even changing his methods.

The Result

After analysing individual times and faults Dr. Goldberg came to the conclusion that "even a slight amount of alcohol caused a deterioration of between 25 and 30 per cent in the driving performance of expert drivers."

The Swedish experiment confirmed experiments made in Britain by Dr. H. M. Vernon, an adviser to the National Institute of Industrial Psychology.

Vernon's researches proved that some motorists could become dangerous drivers after drinking only one half-glass of mild beer.

Small doses of alcohol, he found, not only impaired judgment and concentration but produced slower physical responses of the eyes, hands, and feet.

32% Decline

The Swedish and British tests also proved that after one or two drinks a driver's vision deteriorated by as much as 32 per cent.

"Alcohol," said Dr. Goldberg, "has the same effect on vision as driving with sunglasses in twilight or darkness."

Although the drivers in these tests were proved to be a road menace they were safe from the law.

They suffered no slurred speech, unsteady gait, or other signs of intoxication on which the police could base a charge.

Dr. J. Arthur Gorsky, Metropolitan Police surgeon, in a paper on alcohol's relation to accidents, says that the first effect of alcohol, and the effect of the smallest doses, is upon the highest functions of the brain.

This infuses the individual with a temporary happiness and sociability, but leads to an impairment of judgment, concentration, self-criticism, and the power of estimating risks.

"The scientific facts," says Dr. Gorsky, "present a serious objection to the consumption of alcohol, even in small amounts, by anyone who is to drive a car."

Dangerous

The drink-improves-driving theory is exploded by a Government report on accidents, which states:

"Even where there is no question of drunkenness, a small quantity of alcohol is for many drivers most dangerous.

"It is essential that these drivers and the public should realise that 'under the influence of drink' does not necessarily mean intoxication in ordinary sense, but that driving skill is affected long before a man is consciously under the influence of alcohol."

Safe, When?

How soon after taking a drink is it safe to drive?

No matter what quantity is imbibed the body cannot eliminate alcohol at a faster rate than 10 c. c. per hour. This means that the effects of one large whisky will not wear off completely until three hours after it has been swallowed.

The period is correspondingly longer for each drink—14½ hours after drinking half a bottle of whisky.

SOURCES OF DRINK PROBLEMS

(Continued from page 110)

condition comes so largely from inner inferiorities, he may be called the "natural alcoholic."

There are in the United States about 950,000 men and women alcoholics who cannot free themselves alone. They are a heavy load on public health and in private living. This fact may be high-lighted by understanding that there are 600,000 known cancer victims and 700,000 tubercular patients. But beyond these 950,000 alcohol sick people, there are over 3,000,000 "heavy excessive"

drinkers whose lives are far from normal and healthful; generally they appear well; they carry on their activities effectively, except on occasions. But their lives are out of balance, they count heavily on drink for relief, for pleasure, and to help them out of their frequent excesses; they are a burden to their families, their jobs and themselves. In a **broad sense** they are alcoholics, and often classed as such, but not technically. They are a part of the gigantic load of 4,000,000, who together constitutes, one of the heaviest burdens in public health, mental, physical and moral, in modern civilization.

Tradition of "Drink"

The tradition of drink, through many ages and among many peoples, has had much to do with the beginnings of the alcohol problems of today. Traditional customs are initiating sources of all drinking, mild, moderate and heavy. Out of this custom come the various aspects that are most prominent and serious, including the alcoholic. For even a neurotic could not become an alcoholic if he had not been introduced to the euphoric—toxic effect of alcohol by a suggestion or direct invitation from his social surroundings. A few, but only a very few, become alcoholics by beginning alone. It is not extreme, therefore, to call the social drink tradition the tap-root of alcoholism and the other alcohol problems.

Social Acceptance

The unconscious, almost automatic acceptance of drink customs in a considerable part of current society, in the home, the social group, the nationality group, at the tavern, the formal dinner, the cocktail party, and the road-house, and the continuing pressure of such approval, are the agencies that initiate drinking among young people, thus passing on the tradition, from generation to generation. Recent research and all surveys agree that the custom begins to have pressure in youth, at ages fourteen to twenty, as youth emerges from the individualistic to the socially conscious stage of growth. This is the period when he most acutely feels the need of recognition. If the culture of the class or group in

which he is interested, is infested with drink folkways and customs, acceptance is usually automatic.

To these beginnings are soon added the patterns and sanctions that come from influential and prestige groups: the observed practices of the local "four hundreds," the dinners, parties and cock-tail hours of the socially elite, point a direction to growing youth who feel that they must accept and follow—whatever their neurotic or inner make-up may be, if they are to be acceptable in the position to which they aspire.

Cult of Getting Drunk

Alcoholic pleasure comes generally by degrees that correspond with the increase of alcohol circulating in the higher nerve centers. Immediate effects vary from simple euphoria, the sense of ease and good feeling, heightened emotions, elation, self-maximation, with variations, to recognized—and acknowledged—intoxication, drunkenness and insensibility. The stages merge indefinitely from one to the next. A substantial share of drinkers, sooner or later, come to want the intoxication feeling for itself. Having experienced it, they easily advance toward the stage where the desire for alcohol is dominant. Then, as a reclaimed alcoholic and keen writer has said:

" . . . many people set out to get drunk, more or less frequently, without necessarily being victims of the disease of alcoholism." After a time, they come to feel, as a nationally known psychologist has added, that they must have "a certain amount of sewer" in their lives.

The vast majority of "excessive" drinkers can quit their excesses, if they want to: they are not "compulsive" drinkers: but they almost never come to the point where they "want to." An increasing desire for the anesthesia of the drinking hours, and the disturbed functioning of the brain centers of decision and judgment tend to the opposite direction. Of the 4,000,000 recently designated by the Yale Center of Alcohol Studies as alcoholics in the broader sense, over 3,000,000 are in the group of excessive social drinkers. And, in addition, one-half of the 950,000 victims of the disease of alcoholism, also, owe

their condition mainly to social drinking. This is in accord with the conclusion by Dr. E. M. Jellinek that 45% to 50% of the 950,000 alcoholics owe their condition primarily to inner personal factors and the other 50% or more to years of heavy social drinking, a 50-50 ratio.

Public Aspects

From the view-point of public safety a problem as great if not greater than the alcoholic seems to come from ordinary drinking and its frequent excesses. First, there are so many of them. Second, getting drunk, to mild degrees or really "lit up," the tendency to self-assertion is increased at the very time that ability to judge accurately is most disordered and unreliable. It is the driver with only a few drinks who is the greater menace on the highway, report the safety experts. From factories and shops come a never-ending list of injuries, deaths and destruction of machinery due to the negligence or depleted control of drinking operatives. In industry and business the questions of keeping men of high experience and ability who have become less efficient on account of drinking, or of discharging them and accepting men of lesser experience, is a constant and difficult one to management. This group, more than any other, is responsible for drinking driving, accidents in factories, brawls at home, and various types of assaults on the streets.

In the Christmas-New Year season of 1952-53, the number of fatalities in automobile traffic exceeded all previous records, notwithstanding increased warnings and precautions by safety councils, highway police, press and radio. Among the causes reported, drinking by drivers always stood out as prominent. In Ohio, where the killing exceeded that of any other state, a news reporter wrote:

"These celebrants are not alcoholics; not compulsive drinkers, not inebriates—just ordinary drinkers 'blowing off'."

The EDUCATIONAL APPROACH, therefore, to the Problem of Alcohol, is not complete without examination

of the drinking customs and practices of those who are not alcoholics, and most of whom may never become alcoholics in the scientific sense of the term. To omit these sociological considerations and the significance of alcoholic culture is to omit a controversial—but vital—source of the total problem in every-day living.

Economic Promotion as Source

Modern investment brokers and the liquor industry respond, naturally enough in an economic sense, to the rich opportunities for gain offered by the traditional drink folkways, customs and assumptions that are deeply entrenched and strong in that share of society where they prevail. They supply, first, what may be called a normal demand, the call for alcoholic drinks where their use is taken for granted. But they never stop at that line; they seek constantly to increase their market range, increasing the demand among drinkers, extending it aggressively among youth and non drinkers, and changing the total culture of today into one of full acceptance of the alcohol tradition, notwithstanding the parallel non-alcohol culture that has prevailed, in varying ratios, for centuries. Spending \$100,000,000 a year in high-pressure advertising, much of it keyed to youth, and women, such promotional activity makes drinking in increasing amounts fashionable, in all areas, as it has been in limited areas for centuries.

As a source for profits, this unlimited economic promotion has an aspect that cannot be overlooked; it is one that is found in few, if any other commodities in normal quantity commerce. It lies in the inherent and acquired nervous deficiencies, tensions, fears, and depleted personalities of masses of ordinary people. There are always such people; and most normal people will have periods and crises in their lives in which they, too, are emotionally disturbed—often greatly so. At such times, if drinking is a custom, the results are often most disastrous—the desire for it, most imperative.

To supply in unlimited quantities an anesthetic drug that seems to meet a need—but never in a natural health-

ful way —has become a positive source of many related alcohol problems: this source can not be omitted in an honest and all-round study of the realities. Such study is particularly necessary in view of the great amount of mis-leading advertising and propaganda that seeks gain, only, and ignores the health, welfare, personality and moral considerations of unrestrained consumption of intoxicating drinks.

Existing as a result of public attitudes and customs, the liquor industry operates under present-day majority approval. It is part of the total drink culture, the supply agency of that culture. With public opinion widely divided, a large segment seems to want this brain-depressing article to be easily available to all—to youth, to the emotionally disordered, the neurotic and the healthful, the moderate and the inebriate, alike. Thus the ordinary user and the trade become responsible, in largest measure, for the out-working of drink into the specific drink and other social problems of the present time. Why should not this source be studied, frankly, together with that of the “weak,” often neurotic, individual who becomes the outstanding alcoholic.

To underestimate the effect of unrestrained social and commercial exploitation of the drink tradition is to overlook a vital fact in the total situation. For to control the sale of liquors has been a “headache” to governments for 300 years in western civilization. However controversial—or because it is so controversial—study of this aspect of alcohol should have as careful, objective, and scientific study as any other.

Study all Sources

A balanced scientific and educationally useful approach, would seem to include naturally research, study and instruction regarding all the main sources of the total problem; the relation of each to the others; analysis into specific aspects, for study and synthesis into a whole for understanding. For all the main aspects of the alcohol problem are intimately and unavoidably fused into one complex whole.

Philosophy of Alcohol Education

In conceiving the problem from the educational angle it will be necessary to form three groups: First, those serious cases of chronic drinkers; second, those who use alcoholic beverages on certain occasions; and, third, the millions of youth whose future is the responsibility of education.

The chronic drinkers constitute the most serious problem today. Their condition has long been recognized as a disease, a serious public health problem. This group of sick persons should be treated as such in hospitals or special clinics where education can co-operate with medicine.

Some approaches to the condition have been found by using the Rorschach Test, which determines the patient's special interests, and is an aid in the direction of rehabilitation. An important organization in the rehabilitation of alcoholics, one which serves as a good example of combined education and medicine, is Alcoholics Anonymous. It has now more than 24,000 members, productive citizens who were once considered hopeless cases.

The moderate drinkers make up the second largest group. They can receive the educational benefits most effectively by community organizations. Through the work of The National Committee of Education on Alcoholism, fifty-two local committees have been set up, twenty-three of them far enough along to be operating information centers as well as community education programs.

Some of the objectives of those community organizations are to inform the public as to the seriousness of the problem, what it is doing to the efficiency of our country, and that it is the responsibility of everyone to combat it. Another purpose is to supply information to the community on new developments and experiments performed in the field of alcoholism.

Probably the most important group is the millions from college to kindergarten. This group will determine

whether the alcohol problem becomes more, or less, serious in the future. This group places the largest responsibility upon education. It is among our youth, too, that education has the best opportunity because the teaching program on alcohol only needs to be developed to the perfection of other subjects now being taught in our schools.

Social progress and mature thinking should be the foremost theme in alcohol education. If the teaching program would make it completely clear what the use of alcohol does to health, social behavior, and social conditions, we wouldn't have to tell our youth not to drink. If he were given simply and accurately the facts which have been acquired through research, then he would develop interests with far better returns.

The part of parents and teachers in alcohol education cannot be overemphasized. Attitude, character, and emotional stability depend to a large degree on home training. Religious training in the home as well as the church is also important.

Progress is being made in alcohol education; but the program lacks extensiveness and experience. Many books on the problem have been published which are available to the public. Movies like the **Lost Weekend** also can be used to show effects of alcoholism.

Education has a huge task; but it is the best qualified single defender of social progress and mature thinking. Education, however, can only make slow progress without the co-operation of the community, state, and country. We all must band ourselves together toward bettering social conditions by right-living and by developing a critical attitude toward those elements which hinder progress.

"It is a fact that the students don't think it clever to drink, to the extent they did a few years ago," wrote Prof. N. B. Dexter, Ashland College, Wisconsin. The change, he attributes in large part, to the writing of editorials in the Intercollegiate Contests of the past two years, and the serious study given in preparation for the writing. Ashland College had an unusually large number of entries in 1951.

Expressing Opinions

To the Intercollegiate Association

SINCE MY return to England I have been telling leaders here of the wonderful Intercollegiate School of Alcohol Studies that you made possible at Toronto. It deeply impressed me, for one cannot calculate what such leadership of the future, informed and convinced, may mean to the sobriety of a nation. I do wish you the highest prosperity in this splendid enterprise.—Rev. THOMAS G. DUNNING, Ph.D., London, England; Vice Chairman, World Council of Christian Education, and General Secretary, Temperance Council of the Christian Churches of Great Britain, Oct. 28, 1952.

* *

You are right in hewing to the line in your original purpose and I wish to congratulate you on carrying on your work so persistently and successfully.—R. H. MARTIN, Pittsburgh, Pa.

I revel in the *International Student* and marvel at the magnificent spread of your work during the last few years.—Dr. MARY ROSS POTTER, former Dean, Northwestern University.

* *

From my experience in the *Intercollegiate School* at Toronto, in August, I have definitely gained the assurance that it has a vital part to play in the collegiate life of the nation.—HOWARD G. McCLAIN, Columbia, S. C.

* *

I recall with great interest the grand week of discussion, study and fun at Otterbein (Intercollegiate School, '50) . . . I used the new information and approaches to the alcohol problem in my counseling.—W. D. HOLDEMAN, Associate Dean of Men, Oberlin College.

* *

It was a pleasure to enter the contest (of 1952) through my sociology class, with Father Fichter. I am extremely interested in social problems, and have accepted a scholarship in Social Work at Tulane, having graduated from Loyola.—SHIRLEY HARRISON, Loyola '52, New Orleans, La.

* *

Recently I was invited to give an address to a group on California Ghost Town Place Names. One was "Delerious Tremens." Trying to describe the frustrations of miners arriving during the Gold Rush, (of 1849) I made this statement:

"No one really can understand the terrors of Delerium tremens unless he has visited the delerium tremens ward of a great hospital in the tropics. Born in the temperate zone, our men face an intensified problem when they cross the equator. When one hears their screams, one knows they are really seeing 'pink elephants,' watching serpents crawling the walls."—C. M. GOETHE, California.

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THE
INTERNATIONAL



STUDENT

DIGEST OF ALCOHOL STUDIES

In This Number - -

Background of the Use
of Alcoholic Beverages

Value of 4,000,000 Lives

Drinking in the Colleges

A Problem in Ethics

These are the Real Drunks

Constructive Activities



Campus Entrance
Ohio State University,
Columbus, Ohio

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THE INTERNATIONAL STUDENT

February, 1953

Vol. 50, No. 4

HARRY S. WARNER, *Editor*

The INTERNATIONAL STUDENT of 1953

Seeking steadily to improve The International Student, the following features are scheduled for the year:

Renewal and enlargement of the EDITORIAL COUNCIL, largely from the colleges and universities, for consultation, aid in selection of material and content, reports of constructive activities, and other advance steps from time to time.

An enlarged EDITORIAL CONTEST number in October or November, with the winning editorials of those students standing highest in the contest of the year on "Social Drinking: What do **You** Think?"

Reports of lectures, seminars and activities resulting from the Annual INTERCOLLEGIATE SCHOOL of Alcohol Studies.

AN INCREASE IN SUBSCRIPTION price, beginning April 1, to \$1.50 per year, \$2.50 for two years.

Condensed reports of basic scientific and educational articles as a regular feature.

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Background To The Use Of Alcoholic Beverages

By Vashti Ishee Cain.

REASONS FOR THE USE of alcoholic beverages are numerous and varied. This discussion, covering drinking customs in primitive and modern society, it is hoped, will point out the significance of this aspect of the problems of alcohol and the role that custom plays, if one is attempting to offer solutions.

Historical View Point

"Drinking of alcoholic beverages began thousands of years ago, in many areas of the world. We have no record of how and when it started. Probably food and drink that contained alcohol developed by accident.

"In the primitive world, before men had learned to grow their own farm crops, some of the tribes lived on grain from wild grasses. The people learned to harvest this grain and store it for the winter . . . The grain frequently get wet . . . a situation developed which caused alcohol to be formed . . . fermentation.

"When the tribespeople began to eat their stored-up grain, they sometimes found that it tasted strange—probably unpleasant. But they had to eat it or starve; so they ate it. This strange-tasting grain had a strong and peculiar odor . . . also remarkable effects on those who ate it.

Condensed from SOME ASPECTS OF ALCOHOL BEVERAGES, chapter II, by Vashti Ishee Cain, School Bulletin of the Mississippi State Board of Education, September 1952. Used by permission.

Mrs. Cain, fellow and seminar leader of the Yale School of Alcohol Studies several years, is Supervisor of Narcotic Education, State Department of Education, Jackson, Miss.

They became exhilarated and forgot their cares. They grew groggy and sleepy. When they awoke the next morning they had tremendous thirsts for cold water.

"Thus did the ancient grain-eating races discover alcohol. In other parts of the world people used fruits as a main part of their diet. They gathered and stored fruit in much the same way that other races stored grain . . . The people who ate the berries or drank the juice in the bottom of the containers felt the same effects as those who ate fermented grain. The taste and odor seemed bad at first, but the people got used to this slight unpleasantness. The strange and exciting effects of the fruits and juices seemed so enjoyable that people developed a liking for them." (Alcohol and Human Affairs, by Wollard R. Spalding and John R. Montague, World Book Co.)

Various kinds of alcoholic beverages were in common use in widely scattered areas of the early civilized world. Barley beer, which originated in Egypt or Babylon, was probably the first; arrack, fermented from the palm tree, in India; rice wine, the sacred drink of China and Japan, and the maize beer of the Incas.

Reason for Use by Primitive Man

The importance of wine in early civilization is shown by its use at dedications, religious ceremonies, special feasts and celebrations. The Greeks offered wine to their gods; the Viking Sea pirates celebrated their victories in drinking bouts; Egyptian barley beer divinities honored "the day of intoxication," a day set aside on the calendar. Stories from the time of Homer down to the latest novels, center around the drinking behaviors of different areas.

Primitive peoples seem to have used fermented beverages for these reasons:

- (1) They reduced anxiety
- (2) Served as a sedative
- (3) Were easy to produce
- (4) Possessed food value
- (5) Contained medicinal value

(6) Enhanced social activities

(7) Promoted religious ceremonie .

Anxiety, or fear, is a painful condition whether in primitive or modern society. Dangers to human life among primitive peoples, consisted of external enemies— famines, pests, wild animals, floods, droughts— which threatened their supply of food and clothing. They were in constant danger of sickness and of being overrun by tribal enemies. The anesthetic property of alcohol reduced these anxieties and fears. Obviously primitive people found some type of satisfaction in its use.

Primitive people had need for relieving physical pain. Alcohol has value as a sedative. When the medicine man used it the amounts necessarily were small, no serious hangover effects would be felt. Since alcohol was more universally used among the tribes than opium and other pain killers, its sedative property was more widely accepted, and utilized.

Another factor that promoted the use of alcohol was that the raw materials from which it was made -fruits, tubers, cereals- were grown in practically all climates, whereas, opium and other drugs were limited to certain areas.

The food content of beverages made by primitive people was much higher than the distilled beverages of modern society. Whole fruit was left in many of the wines and much of the grain in the thick beers.

When people, during primitive days, got together for social activities tension frequently existed, not feelings that made enemies of people, but uneasiness, anxiety. Alcoholic beverages, used on social occasions, came to be accepted means of reducing these tensions. Drinking developed into a type of community affair. Among certain groups a long period of time would be spent in preparing enough beer for all. When prepared the entire community would gather for a period of drinking, but with some restrictive controls. Sometimes weapons were hidden before beginning the bout, or women were excluded from the

celebration. Group drinking, rather than solitary drinking, prevailed. In well organized primitive societies individual addicts did not exist.

In the day of primitive man religion was a powerful influence. In Greek history wine was used to honor the gods. Not knowing the scientific facts, primitive people did not know what caused the drink to make them feel as they did. They concluded that some magic or god-given substance was in the drink. The feeling of exaltation was believed to be a gift of the gods. Mysticism, magic, and religion were all associated with the use of alcohol. The Greeks and Romans worshipped the god Bacchus, personification of the vine. Certain rites developed to aid the worshippers in resembling the wine god.

Other early peoples believed that the making of beer must be in keeping with strict rituals in order not to offend the gods; still others, that alcoholic beverages were produced by spirits working against evil spirits. Thus drinking customs were related often to forms of worship and possessed sacred value.

Alcoholic Beverages in Modern Society

All these customs of ancient days influenced the drinking behavior of modern society. There has been opposition, often severe opposition, to drinking, but it continues to persist. Ancient modes of transportation, dress etc., have been replaced by others that fill the needs of man in a more satisfying manner. But the use of alcoholic beverages has continued and even spread into practically every area of the globe. A custom does not survive and spread unless it gives men some satisfaction. On the other hand it is common knowledge that often the use of alcoholic beverages is a dangerous custom despite the value it seems to hold.

If we are to explore the problem intelligently we must endeavor to understand what satisfaction alcoholic beverages have brought through the ages. Many pertinent questions arise:

(Continued on page 167)

Value Of 4,000,000 Lives

By Selden D. Bacon, Ph.D.

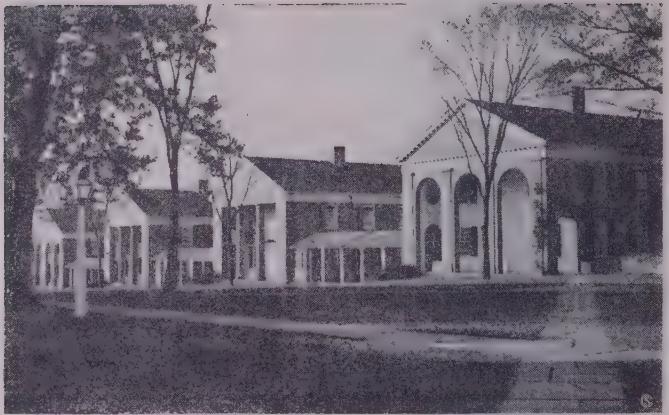
ALCOHOLISM AFFECTS the afflicted individual adversely in all social aspects—marriage, job, religion, citizenship, property care and ownership, neighborhood and friendship associations, and so on; it affects the entire emotional life; it usually deteriorates physical well-being. Adverse circumstances, illnesses or accidents may affect an individual in his amusements, in his daily routine, in his family life, or in several ways at once; rarely do they affect all of his life activities, relationships and beliefs, and affect all of them adversely. Alcoholism does. As a problem, alcoholism has increased significance because when it strikes the individual it hits his entire existence.

Alcoholism does not afflict the individual for a week or a month or a year as do most accidents and diseases; unless successful remedy intervenes, it will afflict the individual for life.

Alcoholism affects the associations to which the individual belongs or to which in the normal course of events he would belong. It affects wives, employers, parents, brothers and sisters, children, employees, neighbors, and so on. It weakens, deteriorates, disrupts. It costs money, time and strength. It causes heartache and, due to current public opinion, shame.

Alcoholism affects a myriad of social, charitable, religious and governmental agencies. It affects them all the same way, involving time, trouble, irritation, frustration money.

Condensed from an address, "Mobilizing Community Resources for the Attack on Alcoholism," at the Yale School of Alcohol Studies, Summer of 1947. Dr. Bacon is Professor of Sociology, Yale University.



A YALE UNIVERSITY QUADRANGLE
HERE THE FIRST SUMMER SCHOOL OF ALCOHOL STUDIES
WAS HELD JULY-AUGUST, 1943.

Alcoholism affects the entire public; sometimes they are shocked, sometimes amused, often they are disgusted, occasionally frightened. Less noticeably, perhaps, they are affected because they lose the worth of nearly 4,000,000 adult members of society for greater or lesser periods and because they, eventually, pay the bill for the sickness, for the unemployment, for the care of dependents, for accidents and property damage.

Alcoholism is a problem numerically large. Alcoholism is a problem of social institutions and cultural and moral values. Alcoholism is a problem which, when it cuts, cuts deep. The answer to the question "Is this a significant problem?" is unquestionably an affirmative one and an affirmative that can be verified.

Dr. E. M. Jellinek, of Yale, and a Harvard scientist reviewed 150 experiments made in this country and in Europe on the effects of moderate drinking on mental efficiency. Every one showed (1) Impaired function of the brain and nervous system, (2) Reduced efficiency, and (3) Inferiority of performance in whatever task was undertaken by the subject while under the influence of *moderate* amounts of alcohol.

Drinking in the Colleges

By Wayne W. Womer

DURING the last five years the Yale Center of Alcohol Studies, Yale University, has been making a Survey of College Drinking. This Survey included 100 major items; is covered all sections of the country and all types of colleges.

The Study is essentially concerned with a significant age group in American society and seeks information about many basic descriptive phenomena; who drink, why, when, with whom, under what circumstances, with what resulting effects, and the inter-relationships between drinking behavior and socio-economic characteristics. Because of its broad orientation the Study provides for the first time a body of factual information as a more realistic basis for dealing with varied problems of alcohol.

The purpose of this article is not to attempt to give the complete Survey, which will be published in book form, but to give several significant findings.

Family income revealed that students from the lower-income families were more inclined to abstain from alcoholic beverages than those coming from the higher-income brackets.

Family Income

	Percentage of users by family income	
	Men	Women
\$2,500 under	66%	30%..
\$2,500-\$4,999	74%	48%
\$5,000-\$9,999	81%	58%
\$10,000 and over	86%	79%

Wayne W. Womer, a Fellow of the First Yale School of Alcohol Studies, has been Alumni Secretary of the School during the years since. He was a speaker at the International Intercollegiate School of Alcohol Studies, at the University of Toronto, August 1952, and is Executive Secretary of the Virginia Church Temperance Council, Inc. This article is condensed from *The Voice*, Washington, D. C., Dec. 1952.

Religious Affiliation

	Percentage of users by religion		
	Men	Women	Total
Jewish	94%	94%	94%
Catholic	90%	78%	84%
Protestant	77%	60%	68%
Mormon	54%	23%	38%

Among the Protestant students it was shown that only 50 per cent of those who attended church regularly were users of alcoholic beverages.

The type of college also seems to have a definite relationship to this problem.

Type of College

	Percentage who are users		Total % of users
	Men	Women	
Private	93%	87%	90%
Public, state colleges and universities	83%	74%	78%
Religious	65%	39%	52%

Parental Use

Perhaps the most important revelation of this Study is that of parental attitudes and example as illustrated in the following three classifications:

	Percentage who are users		
	Men	Women	Tot.
Both parents use alcoholic beverages	90%	83%	86%
One parent uses alcoholic beverages	81%	52%	66%
Both parents abstain	51%	19%	35%

Here is a clear indication that the example of parents is of vital importance and has a significant relationship as to whether or not their children use alcoholic beverages. The number of students who use alcoholic beverages with both parents drinking is 51 per cent greater than the number of students who use alcoholic beverages with both parents abstaining. It was further shown in the Yale Survey that parental example was more influential in the

use or non-use of alcoholic beverages than that of education or religion.

Began Before College

Another fact brought out in this Survey is that 72 per cent of the students indicated they began their drinking before entering college. Therefore, it would seem that any program of alcohol education should begin at the grade school level, as other studies show that those who use alcoholic beverages take their first drink before the age of fifteen.

Some of the conclusions that can be drawn from the above facts taken from the Survey are: that the use of alcoholic beverages is widespread among our present-day college students (the students had not given much thought as to why they drink, reported they were just following a custom); that it is apparent this problem must be attacked at the home level during the adolescent period; that if the situation is to be changed there must be a change in the attitude of many parents.

The Survey reflects the widespread use of alcoholic beverages in American society today. It presents a challenge to the Church to educate parents as to their responsibility and the vital importance of disciplined Christian living. It gives some significance to the values of the Church-related college, and to the fact that the teaching of abstinence by the Evangelical branches of the Protestant Churches has had some influence in the lives of their people.

By no stretch of the imagination, can the picture be called bright. It signifies there is much to be done. Before a solution can become effective, we need first to create a moral climate concerning the non-use of alcoholic beverages, a new Christian morality that will give impetus to the cause of abstinence. There is no other way.

Samuel R. Gerber, Coroner of Cuyahoga County, Ohio, having investigated 22,880 deaths from violence and other causes, states that "I recognize that chronic alcoholism is a grave national health problem, but my study and experience convinces me that the so-called *moderate* drinker is a graver problem—at least as far as accidents are concerned."

Freedom From the Custom Forecast

By Noted Scientist

By Mary Watkins Dietrichson.

DURING the summer of 1948, I went to the Yale School of Alcohol Studies. Here people of many interests regarding alcohol—that year, 18 representatives of the liquor interests, 50 members of A. A., 50 ministers of all denominations, and about 60 miscellaneous students—shared in the studies.

I had a most interesting time. Perhaps the best that I brought back from my four weeks' attendance was an expression of belief in the inherent good of men and faith in God by one of the most distinguished scientists at the School. It was made in conversation in my presence, not on the platform. His exact words were:

"I believe that in time we shall get rid of this custom".

A change will be forced in the social attitude toward drinking if only because the custom of alcoholic drinking is outmoded in our mechanized civilization. These problems are due primarily to moderate drinking and not to alcoholism. The National Safety Council gives us the amazing fact that from Pearl Harbor to V-Day there were three-fourths as many persons killed and injured by traffic accidents, due to alcohol drinking, as there were killed, injured and missing in our armed forces during the entire war. Industry is becoming alarmed at the billion losses it is suffering each year through drinking. Alcoholic beverages have no place in a high-energy, air-borne atomic age.

Condensed from "I Believe that in Time We Shall Get Rid of this Custom," in *The American Issue*, October 1952. Mrs. Gerhardt Dietrichson, Jamaica Plains, Mass., has been a librarian in the Boston Public Library, a Fellow of the Yale School of Alcohol Studies, and a keen student and writer on the development of the alcohol problem for years.

A Problem In Ethics

By Dave Alkire

Ohio State University '54

DR. WATSON and his student friend went into his private library for a talk after one of those chicken dinners that had given Mrs. Watson an enviable reputation among many of the students. Turning to the youth the older man said, "Was there a particular angle to that question we had in class this morning that you wanted to discuss more personally than we could at that time?"

"Yes," said the student, "have you given much thought to the question of social drinking? If so, how can we say whether it is right or wrong?"

Dr. Watson was interested at once, for he had been doing some recent study on the question and decided to discuss it as fully as he could.



"The words 'social drinking', as I use them," he said "apply to alcoholic beverages and their use in very moderate amounts without drunkenness or loss of wit, and in the company of one or more people. We will say that this type of drinking is motivated by the good taste of the beverage, the good-fellowship accompanying the drinking, or the desire not to hurt the feelings of your host, or to not feel out of place. It is not motivated by a desire to escape from the problems of society, or to get a pleasant psychological or physical **bang** out of the beverage.



Is social
drinking right
or wrong?

"We will think of the social drinker as the person who serves cocktails before dinner, or the man who has a beer with his friend George before he goes home after work. We also might think of him as the 'College Joe' who goes to the local dive with the boys to discuss philosophy, sex, politics or what have you.

"Will you agree with this Definition?"



What's the
meaning of
'right' and
'wrong'?

"Yes," the student replied. "But will you also define the terms right and wrong?"

"Men have been giving different meanings to the words right and wrong through the ages," said the professor, "but I think we can come to an agreement on a rather broad definition and then narrow it down to a given situation. Let us say that what is good for society is right, and whatever is bad for society is wrong. From there I think you'll agree that anything which helps man to live better with his fellow man, aids his health, adds to his intellectual growth and understanding, and betters his relationship with his God is good. This good is the right.

"And to further clarify our understanding of right and wrong, let us say that anything which causes man to hurt his fellowman, is harmful to his health or interferes with

his intellectual growth and understanding, or that causes a conflict between man and his God is bad. And this bad is what we mean by wrong.

"Will you agree with this?"

"Yes, I never looked at it that way before, but I agree," said the student.

The professor went on. "Heavy drinkers and alcoholics cause a lot of problems in our society. They help to increase our divorce rate; they commit crimes; they often leave their families penniless and their businesses broke. Some of these points might be debatable, and to adequately answer them we would have to solicit the experts. However, all in all I think we'll agree that the heavy drinker and the person who drinks to the point of becoming an alcoholic does cause many sociological problems. Thus we can justly label this type of drinking as bad, or wrong.

"Anyone may become a heavy drinker or an alcoholic. It seems to depend on his psychological or physical make-up. If I influence anyone to become one of these I am hurting our society and this is wrong. If I influence anyone to drink at all, carefully teaching him the wisdom and virtues of moderation, I am still doing something which I can label as wrong. There is no guarantee that those I influence to drink will not become problem drinkers. So the only way that I can drink socially is to do so without influencing others to drink.

"A judge friend of mine from Cleveland told me the other day that about 40% of the traffic accidents which occur are involved with people who have been drinking moderately. The person who has just had one or two beers, or maybe a cocktail, is more dangerous than any other person on the highway, mainly because his skill has been weakened and he doesn't realize it. As a matter of fact, he thinks he can drive better. He tends to drive faster and take more chances thus causing more accidents.

"I feel that this is reason enough to say that social drinking when one has to drive is wrong, since society is often hurt by these combined actions."



Appeared a bit restless

The youth appeared a bit restless. He got up from his comfortable chair before the fire and walked to a large picture window which overlooked the campus. He stood there for a few minutes watching the students as they passed, and then returned to his place beside the large open fireplace.

"Professor you've certainly given me a better understanding of this question of social drinking, but you still haven't definitely said that social drinking is wrong, even though you have pointed out several incidents where it definitely is not right."

"Well," said the professor, "if I drink more than one beer the function of my highest brain center is somewhat interfered with and for me personally I consider this as wrong."

"My life is so fast moving and so complex that I need a sober mind in order to do justice to my work or my relationship with my fellow man. I also think that a lack of sobriety hurts a man's relationship with his God. Now I can develop this idea farther, but I think you see my point don't you son?"

The student seemed satisfied with the last statement and he turned to the teacher and said. "Then according to your standards professor, you can drink socially as

long as you don't influence anyone to drink who might become a problem drinker; you never drive after drinking; and you limit yourself to one beer, because more than one beer seems to affect your highest brain centers, and you think that life is sufficiently complicated to require all of your wits."

The man and the boy were silent for several minutes, both seemingly lost in thought. Then the youth turned to the old professor and expressed the conclusion which he now arrived at after their open and frank discourse together.



The youth came to a conclusion

"It seems to me" Dr. Watson" that you can't drink socially without expecting or inviting those present to drink with you.

According to you, anyone who drinks may become a problem drinker, or even an alcoholic. Therefore you can never be assured that you're not influencing those present to become problem drinkers.

"Now, I don't know whether you could always plan so that you would not have to drive after drinking. It seems improbable; but even if you could, I don't see how you could always arrange for a completely sober person to drive. Also I don't see how you can limit yourself to one beer without causing some embarrassment to your host, your friends, or yourself. At a party one who is accepted as a social drinker is continually offered drinks; it seems rather odd if he doesn't take one when his glass is empty. And the one drink would have no value if you had to drink it so slowly that it would last all evening. Therefore I don't think that a social drinker can limit himself to one drink.

"The only conclusion that I can come to, Professor, is that it's impossible for you to be a social drinker. And according to your standards social drinking is wrong."

The man of learning turned to the youth and said. "That's right son, and for that reason I don't drink. Some people seem to get quite a bit of pleasure out of drinking though, so I guess it must have its pleasures, but what was it that Socrates said?—'Pleasure without wisdom is evil.'"

These, Then, Are the Real Drunks

By Grene Grove

Scene: Columbus Municipal Court.

Time: 9 a. m., any day.

A ragged, unshaven man shambles uncertainly from a doorway on the judge's left. Close behind is a uniformed turnkey, which, in prison language, means jailer.

"Stand there, John," the turnkey orders. "Turn around and face the judge."

Now the bailiff speaks.

"John Jones, No. 119. You are charged with being drunk, John. What is your plea?"

THE REPLY is hesitant, nearly inaudible.

"Guess I'm guilty."

The bailiff reads from a small white card, his monotone low, unemotional. "John Jones, No. 119, down and out at corner of Town and Fourth, 9:40 p. m. yesterday, strong odor of alcohol on his breath, unable to take care of himself."

The judge studies the prisoner before him. "Been in here before, John?"

"Yes, sir."

The man is of indeterminate age. He might be 40, he might be 65. His clothes are dirty, shabby. He hangs his head and the words come haltingly, softly, as if with effort. His speech is indistinct. He is unshaven, uncombed. His hands play nervously with his hatbrim.

THE BAILIFF provides the details. "Twenty-seven times drunk, three resisting, one petit larceny."

"What do you do for a living, John?" The judge's

Reprinted from the Columbus Citizen, September 15, 1952, Columbus, Ohio by special permission.

voice is soft, kind, but with a firm and determined undertone.

"Been workin' onna railroad."

"You don't get much work done when you're drunk, do you, John?"

"Nossir."

"When did you get out?"

"Bout two weeks ago."

"Got a family, John?"

"No."

"How long do you think it will take to sober you up, John?"

"I kin git purty sober in five days, Judge."

"Well, I'll give you 10. Ten and 10 for John."

"Ten and 10." The bailiff's voice is even, the tone never changes. He records the sentence—which means 10 days in the workhouse and a \$10 fine.

John hesitates, fumbling with the brim of his battered, stained, gray hat. He's not quite sure that it's all over. But he follows the turnkey back through the door to the judge's left.

With John, the morning parade has begun. James Smith, 101 . . . John Doe, 113 . . . Alice Bronson, 98 . . . Jane Green, 121 . . .

THESE NAMES and court docket numbers are fictitious. But their real-life counterparts drift through the Municipal Court every day.

"Guilty, your honor," they reply to the monotonous question of "What's your plea?"

"Guilty, your honor." . . . "Guilty." . . . I guess I was drunk." . . . "I'm guilty."

Occasionally, "Not guilty," your honor. I'd like my case continued, please." Or, "Not guilty, I'd like to make bond."

The bailiff's voices drones out their records. "George has been with us 13 times for drunk, once for assault and battery." . . . "Sam has been here 65 times before." . . . "Dave's been in five times previously for drunk, four

for assault, one vagrancy." . . . "37 times." . . . "89 previous." And on and on and on.

The monotony begins to oppress the dozen spectators. They shift restlessly on the uncomfortable wooden spectator's benches. A fly buzzes in front of the judge. He irritably waves it away.

A WOMAN IN a faded dress, her hair matted, a long scratch leaving a line of dried blood across her cheek, stands in front of the bench.

"How long since you were here last Mattie?" The judge asks the inevitable question.

"Must be over a year, now, judge. I been doin' pretty good." She tries to manage a smile. Doesn't quite make it.

"Do you have a job now?"

"Oh, yes sir." Emphatically.

"How long since you've been in the job?"

"Well, I ain't been well and . . ." The voice trails off.

"How long, Mattie?"

"I guess I haven't worked for more'n a week, judge."

"Thirty and twenty for Mattie."

"Thirty and twenty," the bailiff repeats.

Mattie is led back through the door at the judge's left. Another name is called. Anxious faces of prisoners not yet called peer through the door as it opens.

"DRUNK, STAGGERING, didn't know where he was," the bailiff hurriedly reads the charges against each prisoner. "Down and out, strong odor of alcohol." . . . "Accosted two small children, half-empty wine bottle in coat pocket." . . . "Begging for money, speech thick, odor of alcohol." . . . "Beating his wife, couldn't tell us his name, been drinking for two days." . . . "Soliciting a man in bar, wanted money for drinks." . . . "Charged with arson, asked mother for money for drinks, tried to set house on fire when refused." . . . "Fighting, strong odor on clothes and breath."

The sentences come with the same regularity as the charges. "Thirty days and twenty dollars." . . . "Ten

and ten." . . . "Costs suspended." . . . "Five dollars and costs." . . . "Thirty-twenty." . . . "Ten-ten."

Each case takes from 30 seconds to three or four minutes.

It's been, going on for an hour now and they still come out the brown oak door behind the judge. The odor of stale alcohol permeates the courtroom.

NOW, A SHAME-FACED man looks at the floor, scuffs his shoes on the worn linoleum. He tries to hold his shoulders erect, but his whole body is trembling.

"I'm sorry, your honor," he says. His voice begins to crack. "It's been two years since I've been in here, I got a wife and two kids now and a steady job. I don't know what got into me to do this."

"Well, you've been doing pretty well," the judge says, his eyes softened momentarily. "I'll give you five and costs this time. But don't come back."

The room at the judge's left is emptying now. But still they shuffle in. The majority of them dirty, slack-jawed, glassy-eyed, evidently beginning to suffer for their big time of the night before.

THESE ARE THE DRUNKS. The real drunks. Not the ones who occasionally tie it on in a plush night club. Few of these ever do their drinking in the town's low dives. These are the drunks who do their drinking in alleys, in vacant lots, in doorways, under bridges — wherever they can escape the eyes of the law until they down their jug of cheap wine or whisky.

Many of these have no home. They spend their 10 to 30 or 50 days in the Workhouse and get out. They work or mooch enough money to get drunk, then after two or three days of freedom, they're back in.

There are others, of course. The embarrassed first or second or third-timers who had a spat with the little woman, or lost their job, or went out with the boys and got too much.

But they are in a minority. And they are ashamed,

bitterly angry with themselves, resolved never to be in court again.

Like the soldier home on furlough and due back at his camp next week. He didn't want to leave home again. And he got drunk. Drunk enough to try to tear up a bar. Drunk enough to try to resist arrest.

HE WAS LUCKY. He got off with court costs because the judge felt he wouldn't do it again.

The fetid smell gets stronger as the last of the haggard, unshaven, dirty-clothed crew comes into court. Officers take the stand to testify in some of the cases.

"If the court please, I arrested the accused in So-and-So Bar." . . . "If the court please, the accused broke and ran when I attempted to arrest him for intoxication." . . . "The court please, I was called to a fight at the corner of." . . . "Court please, there was a disturbance at . . ."

Then, after two or three hours, the play is over for the day. If it's a normal day, 30 or 40 drunks have passed through Municipal Court. If it's a busy day, the figures may run to more than 100.

WHAT TO DO with these men is largely an unsolved problem, according to Judge Charles Petree, who sat on the bench this week.

"To bring them out of their rut, you have about two weapons. One of these is pride, and very few of them have any pride left."

The firm, thin lips of the judge softened slightly. "The only other weapon is to hold out the hope of reward. That's why I let the fellows who hadn't been in court for more than two years off with five and costs today.

"You see, that man has had a steady job for two years. He has a wife and children he has been supporting. If I had put him in the Workhouse he might have lost that job, lost the ability to support his family. Then he certainly would have ended up back in court again."

The judge takes into consideration how often drunks have appeared before him, how long since the last ap-

pearance, whether they have dependents and whether they are working.

"With most of the older ones, rehabilitation is almost beyond hope," he says. "They've been at it too long. Their nervous systems are shot, their minds befuddled. All they think about is drink."

On the other hand, he adds, "younger ones are not beyond salvation—not if they have that spark of pride left in them."

NO SOCIAL AGENCY makes a consistent effort to do anything about Columbus' parade of drunks. The Alcoholics Anonymous is, according to the judge, "doing a great job" on those who ask it for help.

The Workhouse is not a cure, the judge says. "It doesn't teach them not to drink, but they do get a chance to get some strength back.

"Some of those men that stand wavering before me in the morning are nearly dead. When they get some nourishment, fresh air and freedom from alcohol at the Workhouse, they're at least stronger. But that doesn't keep them from getting drunk when they leave."

But, despite an understanding judge, the Workhouse and the AA, the scene is acted out again, Monday through Saturday, beginning at 9 a. m. in the Municipal Court.

A ragged, unshaven man shambles uncertainly from a doorway on the judge's left. A uniformed turnkey follows.

"Stand there, John," the turnkey orders. "Turn around and face the judge."

"John Jones, No. 119," the bailiff intones. "You're charged with being drunk, John. What's your plea?"

Nearly inaudible, "Guess I'm guilty . . ."

First emphasis should be continued on education of children and youth as to the effects of alcohol, with all scientific truth and support. Secondly, it seems of main importance to act to reduce the public advertising of the liquor trade.

—Haven Emerson, M. D.,

The Intercollegiate Association

A Radio Talk

By Edwin H. Maynard.

EVERYBODY'S DOING IT!—That's the way to have a good party! Or so they say . . . That's social drinking. What do **you** think about it?

If you are a college student, your ideas are worth up to \$200 for a single 500-word editorial. More about this \$1,700 in prizes later. Now let me tell you what some students have been saying about social drinking . . .

"Proving to the average person that alcohol is injurious to his body will not stop him. He is more interested in the social acceptability than in his longevity." A girl in Wisconsin wrote that.

"It is plan that drinking cannot be solely an individual responsibility. But is it right to prevent people from using their own judgment? Can the simple act of drinking be called good or bad?" Those are the ideas of a girl in Missouri.

A young man in Virginia wrote: "To begin with, alcohol in itself is not a sin. One may take a drink, or even two drinks, and never feel that he has committed any wrong. However, through the overall destruction, alcohol has definitely become an evil within society."

A North Carolina girl: "Moderate drinkers are responsible for the drink problem of today, for they give drinking an air of respectability. If there were no moderate drinkers, the character of alcohol would be shown up in its entirety."

And here are still more ideas on social drinking from student writers—

Script of a radio talk, January 11, 1953, over station WEAW, Evanston, Ill. on the program of Temperance Education, Inc., Chicago, Ill. Mr. Maynard is news editor of the CHRISTIAN ADVOCATE, Chicago, and Secretary of the Intercollegiate Association.

"If the outstanding personalities among young people would decide that drinking just 'isn't done,' the idea that drinking is necessary for social acceptability would soon become as dead as goldfish swallowing." —that from another girl in Missouri.

A young man in Iowa asks, "What can you do against such great social pressure? You, with the help of all college freshmen, can destroy this social pressure. You can help build up social pressure AGAINST alcohol."

And finally—from a man in Washington state — "The only way to prevent drinking is to change students' ideas of how to have a good time."

Well—there you have it. Some students say social drinking is all right within limits. Others say it is just plain bad. Who is right? Whose ideas are worth the grand prize?

If this were a matter of arithmetic, we would know the correct answer to every question. We could give the prize to those who sent back the answers we want. But this isn't arithmetic, and we **aren't asking for a certain set of answers.** We want students to **THINK**, and to write what they think.

That is why we call ourselves the "Intercollegiate Association for Study of the Alcohol Problem."

The purpose of the contest is to give students an occasion to study about the many problems of alcohol. Last year 706 of them studied the educational aspect. This year students are studying "Social Drinking."

"Social Drinking—What Do You Think?"—That is how we put the title. Here is how college and university students undergraduate students—can win prizes up to \$200 in cash. In addition, all prizes and honorable mention carry scholarships to the Intercollegiate School of Alcohol Studies next summer.

So, if you are a student, come and get into it! Study the social drinking question along lines of your interest, and then write a short editorial about it. And when

we say short, we mean short—500 to 800 words. Send it in, and well qualified judges will do the rest.

To help you get started, we will send—free, of course—a packet of contest helps, and a bibliography. For full information and the free packet, write to—Contest Secretary, Intercollegiate Association, 12 North Third Street, Columbus 15, Ohio.

YOU KNOW, there is so much new interest in the alcohol problem today that many people think the Intercollegiate Association is something new. Actually, college students have been interested in this subejct for a long time. The Intercollegiate Association has been helping those students find facts for more than half a century.

These contest prizes are called the Roberts Award. Fifty years ago Logan Hall Roberts was a student Secretary of the Intercollegiate Association. Today, a successful attorney in the Northwest, he is sharing his resources by givng prizes to students of 1953.

Over the years the educational projects of the Association have taken many forms. We like to offer prizes—and talk about the more than \$5,000 given to students in the current contest series alone. But that's not the whole story.

Even more important than holding contests is the simple matter of getting students into contact with reliable, science-based information about alcohol and its problems. Sometimes this means calling the student's attention to a book and heading him toward the library. Sometimes it has meant printing the book ourselves—or publishing authoritative information in pamphlets or in our monthly magazine, the "International Student."

Another way of getting students and facts face to face is by cooperating with professors who teach courses or study units about alcohol—and the number is growing fast. This, too, is done in part by supplying literature. The Intercollegiate Association also complies informa-

(Continued on page 175)

BACKGROUND TO THE USE OF ALCOHOLIC BEVERAGES

(Continued from page 146)

- (1) Should the custom be replaced?
- (2) What can replace this custom that will provide equal satisfaction, yet not possess the dangers, sufferings, and unhappiness that accompany alcoholism?
- (3) How can adjustment be made to complex, modern society?
- (4) Why has drinking increased?

Drinking Folkways

Before attempting to answer these questions, it seems advisable to understand the drinking customs of today. To many drinking is a folkway—a customary way of behavior which many members of society accept and follow without conscious thought. Eating habits, language, and choice of clothing which characterizes a particular group are examples. Folkways operate in both a positive and a negative manner. When an individual is induced to act in a way acceptable to his group, the effect is positive; but when fear of acting in an unacceptable manner is created within the individual, the effect is negative.

Once a group has adopted a folkway, it is accepted as a normal, natural thing to do and no consideration is given to its consequences. Most folkways have no potential harm or danger, but the drinking folkway does involve danger, suffering, and unhappiness.

Two Distinct Folkways

In modern society two distinct folkways exist regarding alcohol. One is the common use of alcoholic beverages; the other is rejection of its use.

These opposite folkways involve numerous attitudes. Some people do not use alcohol because of spiritual convictions; others who do not use it have no particular feeling about it. Various patterns exist among those who do use alcoholic beverages; some drink reluctantly and only under social pressures; others drink on festive occasions, birthdays, weddings, holidays, etc.

The regular drinker consumes small amounts every day or once a week or at any particular time or place he may select. The occasional heavy drinker often confines his drinking to week ends, football games, conventions, fishing trips, specific social events. The regular heavy drinker does not select special times or places. The alcoholic or addict has no control over amounts, times or places for his drinking.

Thus, it is apparent that there is no set drinking pattern among the American people. To understand such a wide spread pattern of social behavior, one must recognize its relationship to the total mode of behavior.

Social and Cultural Roots

There are many social and cultural sources for the folkways of drinking in our society. Historically, we find that it was brought to our country as a part of the culture of the settlers. As late as the early years of the Nineteenth Century, Lyman Beecher found that most of the ministers in his ordination to the Christian ministry were disgustingly inebriated. A recent report from New England indicates that some Italian families still make their own wines; the family pattern is thoroughly related to the use of alcoholic beverages.

Complex Society Today

An era of specialization exists in America today. The workers in our factories are often just a part of an assembly line, their labor, monotonous. They turn a crank, push a stamp, or tack a heel on a shoe. Precision work has to be timed. The worker loses his identity; he receives little or no satisfaction from his contribution to the finished product. As a result a dislike for work develops; men work just to make a living—do not work as a part of living. Or they dislike their boss and fellow-workers. Such frustrations lead to the “afterwork” drink.

In other fields Americans live at a high tempo. We dash from one activity to another. Tensions and frustrations result from such behavior.

America is often called the “melting pot”. Many attitudes, various types of behavior, codes of ethics and mor-

als constitute our society. What is accepted as right in one group often is considered wrong in another.

The family is not the closely woven unit it was in days gone by. Much of the social life of today is spent with friends, not with members of the family. Social affairs may consist of people who do not know each other well enough to carry on interesting conversation. Alcohol, an anesthetic, which relieves inhibitions, is often used to promote conviviality and give a sense of belonging to the group. The poor dancer believes he is a better dancer and the uninteresting conversationalist finds that words come easier after drinking, even though they may be amusing rather than interesting. The disorganization of the family is to be considered in the study of alcoholic problems.

Another element of modern society is competition. From childhood days we are competing against members of the family, neighbors or relatives. Success, measured by material standards, places a false set of values on real success. Our ever present competition is conducive to the development of feelings of guilt, inferiority, superiority, and frustration. If for any reason an individual is not able to succeed, he searches for means of compensation and some people rely on alcoholic beverages.

The trend to urbanization—more people living in or near great cities—means that more people are living in more complex society. The public emphasis, now being placed on the custom of drinking, and its identification with business success, social prestige, conviviality and friendship appears to encourage the perpetuation of drinking folkways.

Social Problems

It has been suggested frequently that it is a miracle that no larger a percentage of our population uses alcoholic beverages since there are so many historical and contemporary "pushes" for doing so. Nevertheless, the present extent of drinking has created many social problems—not only for those who are personally involved in ad-

dictive drinking, but also for the entire community and nation.

Alcoholism is a major industrial problem today. Alcoholics and excessive drinkers are responsible for a decrease in industrial efficiency. It has been estimated that alcoholism is costing industry a billion dollars a year. Business absorbs this loss by raising prices; the consumer eventually pays the billion dollars.

Family problems frequently are related to the use of alcoholic beverages. Because of the intimacy of family life, the members of the family are the first to be affected. The experience of domestic court judges is that cases involving drink are frequently the most difficult to aid.

Social Change

As great as are the problems connected with the folkways of drinking, there is also the possibility of social changes that may ameliorate, or to a large extent, eliminate them. Social change is characteristic in the history of society, but it always comes slowly.

Potentialities for social change in drinking folkways, are found, first, in an increase of understanding of the complexities of the alcohol problem. Numerous educational activities, using scientific material, are today reaching the people on the local level. A characteristic of education is its influence on social customs. Second, there is the fact that nearly all Christian church denominations are concerned about the alcohol problem, in one phase or another. The churches, located in thousands of communities throughout the nation, could have a very real effect in the promotion of education and in action programs for solution, provided they modernize their approach.

Alcohol affects first the higher brain—that part which has to do with conscience, judgment, self-control and moral behaviour. After a few drinks a man's judgment is not good. If he continues to drink, his self-control is lessened, his ability to discriminate between the finer shades of meaning of right and wrong is weakened, his sense of responsibility is blunted, his conscience is being lulled to sleep. When a man puts to sleep the higher brain, his animal impulses take control.

Constructive Activities

At The College Level

SINCE 1947, courses in study of the alcohol problem have been made a part of the curriculum in the eight following Mississippi colleges:

Mississippi Southern, Hattiesburg
Delta State Teachers, Cleveland
Millsaps, Jackson
Miss. State College for Women, Columbus
Meridian Junior College, Meridian
Jackson, Jackson
Alcorn, Alcorn
Miss. Vocational, Itta Bena

Plans are under way to offer courses in alcohol studies in all the colleges of the state.

An intercollegiate group in study of the alcohol problem, for students in the colleges of Toronto, was held at Victoria University in the University of Toronto, January 17th—the first all-day seminar-conference of the kind in Canada. The theme; "The Incidence and Social Implications of Alcoholism," was developed in lectures by Dave Archibald, Director of Alcoholism Research Foundation on "General Aspects of the Problem;" Dr. J. K. W. Ferguson, M. D., University of Toronto, on the Physiological Action of Alcohol;" Dr. Gordon Bell, M. D., Shadowbrook Sanatorium, on "Clinical Orientations of Alcoholism," and a panel of four, that included "Social Work Aspects," by Miss M. Cork, "Public Safety" by Dr. Ward Smith; "Group Therapy by Dr. George Little; and "Religion and Alcohol" by Rev. John A. Linton, Secretary for Canada of the Intercollegiate Association.

A scholarship for research and writing on the Alcohol Problem was offered this year at Rhodes University, Grahamstown, South Africa. It is open to students who have the B. A. degree and are preparing for the Christian ministry. It is based on a fund of 1,000 pounds, the income of which is to be used annually. The essay is to approximate 3,000 words and payment of the scholarship is made semi-annually, the latter half after the paper has been submitted and approved by the university. This is the first time that any such award has been undertaken in South Africa.

One of the experiments at Yale is to give a person two ounces of whiskey. Within the next hour his judgment is adversely affected 20%. After taking a half pint of whisky, his reasoning ability is reduced 67%.

MILLSAPS COLLEGE HOLDS INSTITUTE

A Summer Institute of Alcohol Education at Millsaps College, Jackson, Miss., held its first session, June 23—July 3, 1952. Organized largely for graduate study and for teachers of the state, it follows four years of regular class instruction for undergraduates at Millsaps, by Dr. Joseph B. Price., whose classes have been very popular among the students, year by year.

The purpose of the Summer Institute is to meet the needs of all citizens whose work brings them into contact with problems of alcohol, on the highway, in the school, the church, the factory or the home. Dr. Leon A. Greenberg, of the Yale School of Alcohol Studies, gave three lectures a day for three days. He was followed by experts from various departments at Millsaps College, Mrs. Vashti Ishee Cain of the State Board of Education, and members of the City Police, the State Hospital and others with specialized information. The last two days were given wholly to Seminars, seeking to apply the knowledge gained. Credit of 3 semester hours was available to students through the Millsaps College Center of the University of Mississippi.

Beginning September 30, a course on the Alcohol Problem has been given at Taylor University, Upland, Ind., by Dr. Alfred H. Backus, of Indianapolis. It is a 2-hour credit course, meeting weekly in the fall months, and was accompanied by two or more all—college sessions, thus including practically all the students enrolled. The whole field of Alcohol in human living and the temperance movement are studied, including the latest scientific information now available. Dr. Backus was a member of the International Intercollegiate School at Toronto, last August.

A January 1953 day at McMaster University, Hamilton, Ontario, included a lecture at chapel by John A. Linton, Secretary of the Intercollegiate Association an afternoon with theological students, and two full-fledged discussion sessions at night—one with the young men in their residence and one with the girls in theirs. "And the questions," said the speaker, "intelligent, honest, serious with a deep desire to know. 'You certainly made me think', said one, what more could I ask."

The Recognition Day program, at Texas College of Arts and Sciences, Kingsville, held annually to honor those students who have excelled in various college activities during the year, included, last May 28th., the public award of four prizes won in the Editorial contests of the Intercollegiate Association on "Can Education Solve the Alcohol Problem?"

Anybody if he drinks over a long period of time will become addicted. It takes some people longer than others to attain addiction but no human being can be regarded as immune.
—Dr. Robert Fleming, Harvard University Medical School

Alcoholism Increases

AS DRINKING SPREADS

By Deets Pickett

THERE ARE APPROXIMATELY 3,800,000 alcoholics, with and without complications, in the United States, of whom 568,000 are women.

The rate of alcoholism per 100,000 adult population is 3,952; the rate among men is 6,848, and among women, 1,148.

There are nearly six times as many men as women alcoholics. The female rate of alcoholism rose by thirty-three percent between 1940 and 1948. In the shorter and more recent period, 1945-1948, the female rate increased twenty-one percent, while the male rate was increasing ten percent. For the longer period, the rate of increase was substantially the same in both sexes.

The reported increases may reflect somewhat greater reliability of information.

The largest increase occurred in the New England and the lowest in the South Atlantic States. In the West South-Central States, there was a small decrease in the rate of alcoholism between 1940 and 1948. There is, however, a greater increase in Alcoholics Anonymous activity in the sections with the lowest increase in alcoholism.

The rate of alcoholism with complications among whites was 1,022 and among negroes, 649. This is in contrast to earlier statistics.

These facts appear in the March, 1952 issue of *The Quarterly Journal of Studies On Alcohol*. The article is "Rates of Alcoholism in the United States of America, 1940-1948," by E. M. Jellinek, Sc.D., consultant on

alcoholism. World Health Organization, Geneva, and Mark Keller, Editor, the Publications Division, Yale Center of Alcohol Studies.

The most important revelation of this report is that the increase of alcoholism is directly and wholly due to the increase in the number of drinkers. In 1940, there was an estimated drinking population of 40,000,000; in 1948, the number had risen to 62,000,000. The alcoholism rate based on the drinking population declined slightly between 1940 and 1948 (from 6,330 to 6,140 per hundred thousand of population).

It must be kept in mind that the number of alcoholics does not include millions of "problem drinkers." Dr. Jellinek is reported to have said at the University of Washington, Seattle, on June 12, 1951, that there are three million problem drinkers in addition to alcoholics and, "I would not argue with you if you said there were seven million alcoholics and problem drinkers in all."

The development of alcoholism with complications requires ten or more years of heavy drinking, but a man or woman can become a "problem drinker" in much less time.

In the 1940 report, Dr. Jellinek called attention to the effect upon alcoholism rates of "dry sentiment," saying that the rates of chronic alcoholism are determined largely by "unwritten social controls." We quote:

"The variation in state rates was largely accounted for by state to state variation of dry sentiment. Taking the percentage vote against repeal of the Eighteenth Amendment as an index of dry sentiment, states with a majority against repeal averaged a chronic-alcoholism rate of 378 per 100,000 adult population; in states with anti-repeal votes of 35 to 49 per cent the rates averaged 435 per 100,000; in states with anti-repeal votes of 25 to 35 percent the average was 623 per 100,000; and in states with less than 25 percent anti-repeal votes the rates averaged 832 per 100,100.

INTERCOLLEGIATE ASSOCIATION

(Continued from page 166)

tion about such classes and serves as a clearing house for the exchange of ideas.

Then there are buzz sessions. Informal discussion and study groups may obtain speakers and resource leaders from the Intercollegiate Association staff—or from men whom we recommend.

And of great interest to students is our newest project, now four years old—the Intercollegiate School of Alcohol Studies. You should have seen the good time we had in Toronto last summer when American and Canadian students got together. We heard Dr. Ivy of the University of Illinois and other scientific experts. We learned from Canadian psychiatrist who runs an institution for alcoholics. We took field trips to a prison institution in Toronto and to a meeting of Alcoholics Anonymous.

The school is an opportunity for a young man or woman who wants to really look into the alcohol problem under expert leadership. This year the international school moves back on our side of the border. It will be held, the week just before Labor day.

THE OPINIONS HELD by group leaders in a democratic nation **today** become the mass opinion tomorrow. If we can succeed in ascertaining what those who mold public opinion believe now, we have a reliable preview of what public opinion and action will be later.

—Edward L. Bernays, "Preview of American Public Opinion," American Mercury

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ALCOHOL TALKS FROM THE LABORATORY, by Howard E. Hamlin, Director of Health and Narcotic Instruction, Ohio State Board of Education. Alcohol, personified, tells the truth about himself—to inquiring youth; the facts desired and needed by high school and other young people Price 25 cents

INTERCOLLEGIATE ASSOCIATION

FOR STUDY OF THE ALCOHOL PROBLEM

12 North Third Street

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APRIL
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THE
INTERNATIONAL



STUDENT

Digest of Alcohol Studies

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New Understanding Publications

The Cloisters,
Trinity College, Cambridge, England



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THE INTERNATIONAL STUDENT

April, 1953

Vol. 50, No. 5

HARRY S. WARNER, *Editor*

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The International Student

Seeks to be of service in an enlarged educational program on the total problem of alcohol today.

To make available scientific and educational information in condensed and interesting form.

To report recent constructive activities and results of research and investigation.

To encourage and provide material for group discussion and popular teaching and education.

To emphasize understanding rather than propaganda.

This digest magazine is INTERNATIONAL in range—and has been for thirty years—seeking material from various countries and cultures.

It is the ONLY PUBLICATION on the Alcohol Problem that is edited for young adults—and the YOUNG IN SPIRIT—of any age.

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A Digest Of Basic Information

I

ALCOHOL AND BEHAVIOR

THE BEHAVIOR of an individual under the influence of alcohol is directly related to the degree of concentration of alcohol in the brain, which, in turn, depends upon the degree of concentration in the blood. Concentration in the blood and the brain depends upon several factors:

1. kind of beverage consumed,
2. amount of alcohol consumed,
3. amount and kind of food in the stomach,
4. rate of drinking,
5. rate of absorption,
6. size and weight of individual,
7. rate of oxidation, and
8. rate of elimination through breath and urine.

The amount of alcohol in the blood is the net result of the amount of alcohol absorbed less the amount oxidized by the liver and eliminated through the lungs and the kidneys. The amount of alcohol in the stomach is only one factor determining concentration in the blood and urine.

Concentration vs. Quantity

Since alcohol is absorbed quickly and directly it reaches the brain shortly after it is taken into the stomach. Behavior may therefore be affected soon

*An unusually clear statement of modern scientific knowledge regarding the basic influence of alcohol in human life—that on the brain and the mind—appeared in the 1952 *Manual of Alcohol Studies for Schools* of the Department of Education, Winnipeg, Manitoba, Canada. It is reprinted here by permission. The original text is well illustrated. This 164 page book is for sale by the Manitoba Text Book Bureau, 146 Notre Dame Ave., East, Winnipeg, Man. 50 cents.

after drinking. When the rate of absorption exceeds the rate at which the body oxidizes and eliminates alcohol, it accumulates in the water of the blood and tissue and reaches a degree of concentration sufficient to produce various behavior changes. It is very important to remember that concentration of alcohol in the blood, not the quantity consumed, is the significant factor in analyzing the effects of alcohol on behavior.

Development of the Brain

In the process of development from infancy to maturity the human brain passes through three continuous but generally indefinable stages. At birth a child can move, breathe, cry, take food, and perform several other unlearned or instinctive activities. Later he learns to walk, run, skate, swim, write, read, etc. At a still later stage, judgment, reasoning, self-criticism, self-control, discrimination, aesthetic appreciation and other mental functions are developed.

Effects of Alcohol on the Brain

The effects of alcohol on the brain fall into three general stages closely related to the levels of brain development. However, alcohol affects the brain in the opposite order from its direction of development. The higher functions of the brain are impaired first. Motor and sensory controls are next disturbed. Finally those unlearned activities expressed by instinctive and emotional behavior are affected. In its general effects alcohol is much like ether and chloroform. It is a depressant—not a stimulant.

Nervous System

All human behavior is controlled by the nervous system of which the brain is the center of control. Observation and research have shown that the first effect of alcohol on human beings is "to steal away their brains." If alcohol could be prevented from reaching the brain drunkenness would never occur. However, shortly after it is consumed alcohol is absorbed into the blood and is carried directly to the brain, and

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New Aspects In The Alcohol Problem Of Today

By H. H. Hill

THERE IS A TENDENCY on the part of many present-day writers on the alcohol problem to point out with emphasis that "alcohol is not new, it has been used for many centuries by almost all cultures and peoples." There is evidence that such is the case, that alcohol was used as a beverage as far back as 2,500 to 3000 years B. C. These writers tend to conclude that "our problem today is not a new one."

Such a conclusion, in the light of modern technology, is only partial truth and may be misleading to the uninformed. It is comparable to saying that travel and traffic as we know them today present no new problems, since people have always traveled and traffic of some sort has always existed. On the contrary travel today is a brand new problem. In the last fifty years the whole mode of transportation has changed. Parking a horse and buggy in Dobbin's day was quite a different matter than parking the modern automobile, or finding a solution to snarled traffic and parking space.

Simply to say that "the alcohol problem is not new" is to fail to evaluate the facts. Modern technology has created a new problem of alcohol—vastly different from that which came from the crude techniques of the ancients. It is imperative that these differences be recognized and taken into account by modern man when seeking solution of this most complex and critical problem.

There is probably no simple answer, just as there is no simple solution to many other intricate problems of the present time. Society is vastly more complex; social, economic, political, legal, and religious factors

Condensed from "The Problem in Perspective," *Why People Drink*, a Manual for Teachers by H. H. Hill, Dept. of Education, Washington Temperance Association, Seattle 1, Wash.

must all be taken into account.

It is only within the past one hundred years that man has developed the skills that now enable him to produce the machines and techniques of mass production, mass distribution and mass promotion. These technical achievements have made possible a system that is capable of indoctrinating and supplying two million new users of beverage alcohol each year in the United States. The result is that today a total of 67 million Americans are now integrated into the drinking pattern.

The small quantities of alcoholic drink, prepared for home consumption in a slow and simple civilization, are a far cry from the tremendous quantities produced by gigantic corporations to be consumed by men and women who, today, are almost overwhelmed by the complexity and speed of the civilization which they have created. The situation we face today is different; the need for new techniques is obvious.

Society at times can be woefully blind to the consequences of its own behavior in some respects while ultra-sensitive to matters of less scope and importance in other respects. Witness the public concern, none too great, over such problems as cancer and tuberculosis while at the same time the lives of several times as many people are being destroyed by alcoholism. Six hundred thousand people in the United States suffer from cancer, seven hundred thousand from tuberculosis and society is alarmed; yet, relatively little concern is shown for the welfare of the four million alcoholics and the three million problem drinkers whose drinking causes serious civil, business and domestic difficulties. More people populate the skid rows than suffer from cancer. They create a "social cancer" that is more damaging than any other medical problem known to science. Their destructive influence reaches out into every phase of life,—the factory, the home, the church, creating that type of social decay that, according to the historian, Toynbee, has contributed materially to the decline and fall of many civilizations.

Practice Of Parents – Not Campus

Main Source of Student Drinking

FOUR OUT OF every five college men who drink began their drinking before entering college, a research specialist at the Yale Laboratory of Applied Physiology reported today (July 11, 1952).

Dr. Robert Straus, Research Associate, disclosed for the first time preliminary results of a five-year study into the drinking habits of American college youth, this being made by Dr. Straus and Dr. Selden D. Bacon, Professor of Sociology and Director of the Yale Center of Alcohol Studies.

Data has been secured in the survey from 27 colleges and universities, representative of all types of higher educational culture throughout the United States. A total of 17,000 students have shared in this wide sampling of student drinking and attitudes toward drinking.

Dr. Straus revealed these first findings of the survey in a lecture before the Yale Summer School of Alcohol Studies, a 10-year-old school which has had nation-wide influence in more than half of the forty-eight states.

Of the American women students who drink, 65 per cent started drinking before entering college said Straus.

"The probability that a young person will drink at all," he continued, "is closely related to the practices of his or her parents.

"Of the men whose parents both drink, 90 per cent are themselves users. However, only half of the men (51 per cent) whose parents both abstain, drink. An even more striking relationship between parental use and own use is seen for the women.

"Where both parents are users, 83 per cent of the

Adapted from a Yale University News Release, New Haven, Conn., July 11, 1952. See, also, "Drinking in the Colleges," by Wayne W. Womer, Fellow of the Yale School of Alcohol Studies, in the February, 1953, *INTERNATIONAL STUDENT*. The official report of the extensive study being made is to be published later.

women drink on occasions. However, when both parents abstain, only 19 per cent of the women students drink."

He declared that parental advice on abstinence seems to be much stronger than advice from either church leaders or teachers.

Dr. Straus reported these other major findings:

Family income is a large factor "closely associated with the probability that one will use alcohol. Among those whose family income is under \$2,500, two thirds of the men and only 30 per cent of the women students drink. Where family income is \$10,000, or over, 86 per cent of the men and eight out of 10 (79 per cent) of the women drink.

Striking differences, he said, appear in the types of beverages used. Among the men, seven out of 10 (72 per cent) reported that they most frequently use beer, only 47 per cent of them expressed a preference for beer. "Approximately 42 per cent expressed a preference for hard liquors," he continued, "but only half that number (21 per cent) can afford hard liquors. "Among the college women, 41 per cent reported most frequently using beer although only 17 per cent prefer it. Wine was more frequently the preference, and was more often used by women than by men."

Dr. Straus and Dr. Bacon, who are preparing a book on their findings, submitted questionnaires to the 17,000 students who participated in the survey. The study is designed to investigate the inter-relationship between behavior patterns and attitudes surrounding customs of drinking in college and other aspects of behavior.

"The customs and attitudes of young persons with regard to drinking," Mr. Straus declared, "are already pretty well determined before they come to college—by the practice, attitudes and customs of their families, their social groups and their communities."

"In the absence of facts, there has been much con-

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Teen-Age Drinkers Learn Habit From Parents

"TWO TEEN-AGE TIPPLERS were brought in stiff to the Juvenile court's intake and complaint unit. A stomach pump was applied; then they were interviewed by a court worker," says a writer, Norma Lee Browning, in the **Chicago Tribune** December 12, 1952.

"Where did they live? They named a North Shore suburb.

"Where did they get the whiskey? They named two taverns.

"Where did they get the money? They replied contemptuously. Where do you think? Out of our weekly allowance, of course."

"Did the tavern owners ask their age? No."

Purchase Fake Cards

What would they have done if he had? Shown him their identification cards, of course. What cards? And where did they get them? The boys squirmed, then produced a fake driver's license, draft card, and birth certificate, all purchased, they said, at a shop in S. State Street.

"Actually, of the 300 boys, all 16 and under, who are brought into Juvenile court every month, only a small percentage are accused of drunkenness. The majority are involved in more serious offenses—auto larceny, vandalism, and sex.

"What usually happens is this," explained Miss Rhea Coleman, supervisor of the complaint unit. "The boy goes out and steals a car, then he buys a bottle of whiskey and picks up a girl. That's the pattern."

Upsurge in Five Years

Miss Coleman has been a Juvenile court worker for 30 years. During the past five years, she said, there has

been an upsurge in all forms of juvenile delinquency and crime, much of which she attributes to teen-age drinking.

She confirmed this reporter's observation that tavernkeepers rarely ask a youngster's age.

Statistics show the youngsters drink more during cold months than in summer.

Many Juvenile drinkers learn the habit at home. Their parents believe that if they teach them, the kids won't be likely to go out to taverns. They've got another think coming. Scores of school, church, community agency, and law enforcement officials interviewed on this question agreed that the vast majority of young tavern toppers either learned or were leniently exposed to social drinking at home.

The mother of a high school girl was overheard to remark "Susie had a party last night, about 30 kids. We chased them out about 5:30 this morning—we ran out of beer." She added quickly, "Oh, I think it's much better for the youngsters to drink at home, don't you?"

Parents Are Surprised

Invariably the parents are surprised and upset when their young ones land in a police station or Juvenile court.

About 25 per cent of all automobile accidents involve drinking drivers, and the American Automobile Association warns:

"This mixing of gasoline and alcohol by young, irresponsible drivers has got to be stopped or the accident records will mount to tolls undreamed of heretofore."

More than half the states allow gasoline stations to sell whiskey.

In Illinois any youngster can get a driver's license on his 15th birthday, which means he's learning to drive at 14.

Many taverns frequented by young people have other attractions beside liquor—such as gambling and women. According to a report of the Juvenile Protective As-

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An Alcohol Discussion Day

At The University of Toronto

A DAY OF PARTICULAR attention to the problems of alcohol, January 17, at the University of Toronto, featured a substantial program of lectures by specialists, discussion and fellowship among the students of the university and its affiliated colleges.

Presiding over the proceedings was Robert Sutherland, president of the Student Advisory Council, who had shared with the Chaplain of Hart House, three representative students and the Canadian Secretary of The Intercollegiate Association, in organizing the occasion.

Included in the day's activity were lectures by H. David Archibald, Director of Alcoholism Research Foundation, who spoke on "General Aspects of the Alcohol Problem," Dr. J. W. K. Ferguson, Professor of Pharmacology, whose subject was "The Physiological Action of Alcohol." A panel discussion under the following leaders: Miss M. Cork, of the Alcoholism Research Foundation, on "Social Work Aspects of the Alcohol Problem"; Dr. H. Ward Smith, Director of the Medico-Legal Department, Province of Ontario, on "Alcohol and Public Safety"; Dr. George A. Little, of the United Church, on Group Therapy in Alcoholics Anonymous"; Rev. John Linton, Secretary, Intercollegiate Association for Study of the Alcohol Problem, on "Religion and the Alcohol Problem." "Clinical Orientations to Alcoholism" was the subject of the evening lecture by Dr. R. Gordon Bell, Director, Shadow Brook Health Foundation.

Each session gave generous time for questions and comment by students. The day was concluded with a period devoted to summarizing and considering the implications of the day.

The registration reveals the representative nature of the group in attendance. Students were present from

Theology, Medicine, Arts, Social Work, Occupational Therapy, Engineering, Law, Nursing and Pharmacy. Colleges sending either graduates or undergraduates were Victoria University, St. Michaels, Trinity and Knox. Represented were the Newmen Club, the Canterbury Club, and the Student Christian Movement.

"Toronto" Reacts On Ohio

Results In Student Activity

THEY ATTENDED the Intercollegiate School of Alcohol Studies at the University of Toronto, last August these three Ohio State University students and see what came of it to other students in Ohio.

These three of the six who gave a week to that international student event—Bob, a senior awaiting army call; Ivan, a Czech refugee from dictatorship, completing his Ph.D. in philosophy; and Dave, a junior and Buckeye musician all keenly interested in the alcohol problem.

After sharing fully in the Intercollegiate School of 1952 studying the problem under scientific leadership, sharing in the seminars, and talking it all over in a never-ending series of spontaneous groups, for five days and nights, these three students returned to Ohio to do something that would interest—and help to create understanding and action — among other students and colleges.

Some of the things they have done since, toward bringing a scientific and educational approach to the drinking and alcohol problems, in a way that appeals to thinking youth of today, are the following:

A day at the University of Cincinnati, organized in cooperation with a campus religious group at that University; a panel discussion on Alcohol, by the three, with 40 or more students asking questions and discussing the conflicting views and attitudes as they confront students today.

A well-arranged date, at the University of Toledo on the invitation of the Toledo Council of Churches as a new youth approach program. The day included a morning program at the University, early afternoon talks and discussions at four different high schools, two groups in each school—a total of 8, there being one additional man on this trip—that afternoon, and a night-public session, or approach clinic, with prominent leaders of the city, social workers, ministers, educators, A.A.'s, a psychiatrist, and a judge, attending but the students from O. S. U., in panel formation doing the talking on introduction by Mr. Wlaler E. Boruh, President of the Council of Churches, while the experts did most of the listening, supplementing only where additional scientific introduction by Mr. Walter E. Boruh, President of the to the team:

“Thank you and Bob and Ivan for doing such a fine job in Toledo. I am sure our clinic was something special and should have good results . . . We are all very much indebted to you and hope we may have contributed to your fine work.”

At the University of Michigan, Ann Arbor, the trio and their driver, a high school instructor and graduate student at O.S.U., of earlier connection with the Association, carried through successfully an unscheduled visit. After a cooperative half-hour with the president of the University and another with the leaders of the united religious organizations, and with their aid, these student representatives of the Intercollegiate Association met in group and personal conferences the leaders of various religious organizations on the campus—the Wesley Guild, Canterbury Club, Hillel Foundation, Westminster Foundation, Congregational - Deciples Guild, Lutheran Students Association, Roger William Guild, and Michigan Christian Fellowship. They talked over fully the objective approach and study purposes of the Association, reported on the School at Toronto last August, and forecast the School of 1953.

In addition, the “Toronto” returnees at O.S.U. have

given talks, shared in discussion, and responded to calls from various directions, in and around Columbus during the year, including leadership of a group at a summer institute for two weeks, followed by an invitation to return next summer.

PRACTICE OF PARENTS—NOT CAMPUS

(Continued from page 184)

jecture and misinformation and often many sincere persons have acquired quite a distorted impression of the nature of drinking behavior and the problems of alcohol in American colleges.

"It is hoped that this study will provide a body of knowledge to replace present wild speculation."

"We hope the study also will help create a better understanding of student behavior on the part of persons affected by such activities, residents of the college town, alumni and parents.

"The study should help achieve a better understanding of the assimilation of ideas and behavior patterns in youth, the emotional impact of drinking, and related behavior on adolescence, and the effects of positive and negative sanctions on drinking.

"We also hope," Dr. Straus concluded, "that the study will contribute to the health, emotional well-being and adjustment of college youths themselves, by providing them with insights into the pressures and motivations associated with drinking customs."

Quoting government figures as showing that in 1951 Americans over 14 years of age, drank an average of 265 gallons of intoxicants apiece, or 9 fluid ounces a day, and that in 1952 this had risen to 10 fluid ounces per day, *The Christian Century* says:

"One need not be a bluenose to become exercised at such a disclosure. If this increase in liquor consumption simply reflects the increasing tension of our times, then the reality of the threat should be clearer. Alcohol is not a prescription to cure a bad case of nerves—personal or national."

Alcoholism And Industry

By Selden D. Bacon, Ph.D.

LESS THAN FIVE YEARS ago the subject of alcoholism appeared for the first time on a program of the annual meeting of the American Association of Industrial Physicians and Surgeons. Many members were surprised by its appearance. The chairman of the meeting, medical director of a large company, said that he did not know of one case of alcoholism. Such a statement would be impossible today. There has been a remarkable change.

Evidence of Changed Attitude

The evidence of this change may be seen in a variety of events: (1) formal public statements by such companies of Allis-Chalmers, Consolidated Edison, Dupont, Eastman Kodak; (2) the appearance of articles in trade and industrial journals; (3) a regular committee on alcoholism in the American Association of Industrial Physicians and Surgeons; (4) a six months information campaign on alcoholism undertaken jointly in 1950 by six companies in Wisconsin; (5) the mounting number of inquiries from business and industry reaching Alcoholics Anonymous groups, the Center of Alcohol Studies at Yale, the State commissions on Alcoholism; (6) the increasing number of institutes on alcoholism in industry. That the change has taken place is readily apparent. Why it happened is another matter.

Why the Change

One reason could be that alcoholism has shown a dramatic increase in the past ten years. There has been an increase, but probably only of 8 or 10 percent. This could not explain the change. The more probable causes seem to be the following: (1) the drastic need for industrial manpower, 1941-45, and again in 1951-?;

Condensed from "*Alcoholism and Industry*" by Selden D. Bacon, a reprint from *The Civitan Magazine* of March 1951. Dr. Bacon is Director of the Yale Center of Alcohol Studies and Associate Professor of Sociology at Yale University. The reprint is distributed at the Yale Center, 2162 Yale Station, New Haven, Conn.

(2) an increasing public awareness of the fact that "something can be done about alcoholism;" (3) a consequent lowering of the stigma attached to the condition; (4) the emergence of understanding and of programs for action.

Alcoholism is usually a slowly developing condition. Approximately 10 years intervene between the earliest symptoms and emergence of the unmistakable final phases. It develops from certain personality factors, perhaps from certain physical factors, and from the increasing use of alcohol to cope with these factors. The combination of these leads to intensified personality difficulties, combined with decreasing ability to control the drinking; emotional, social and sometimes physical deterioration accompany the later stages. The age at which alcoholism is recognized as such, in more than 80% of the cases, is between 35 and 55. In time the condition affects every aspect of the individual's life. It is often devastating to family, friends, and associates. It is not confined to any region, any occupational group, or any category of education, wealth, or social status. There are differences according to ethnic or nationality background, but these differences may be disappearing in the Americanization process.

Alcoholism is not the same as heavy drinking or drunkenness. It is not merely a neurotic escape. It is not caused alone by the use of alcohol. It is not inherited. It is not "hopeless". It is not merely a "moral weakness." But recovery cannot be achieved merely by the exercise of "will power." Punishing an alcoholic will not solve his problem, anymore than will undisciplined but well-intentioned sympathy.

ESTIMATED LOSS

Almost four million persons, a **conservative estimate**, are in some state of alcoholism. The most conservative estimate of the annual cost of this condition **five years** ago was one billion dollars. Serious estimates run to more than ten times that figure. The costs in terms of manpower, suffering of alcoholics and their families, and in deterioration of community and moral strength,

are not susceptible of dollars and cents computation.

Whether we wish to be "interested" or not, the loss is carried by all of us. The striking fact is that much of this issue could be stopped with the knowledge and techniques now available.

The great change in industrial attitude toward alcoholism has been in two parts: one, the drastic needs in a wartime situation for manpower, as in 1940-45 and 1951-53; and, two, ordinary needs that must be met. There is need for more workers and still greater need for experienced men with leadership, imagination and a sense of responsibility, to make effective the necessary spurt in size and speed in operation. At the same time military needs cut deeply into the age-grade 18-26 and government agencies related to war clamor for personnel.

Men Lost to Alcoholism Greatly Needed

To meet this situation business and industry are forced to keep many of those they would not ordinarily keep and to hire those they would not ordinarily hire. Of about four million alcoholics in this country almost three million are men between 35 and 55 years of age. If anyone thinks that these three million or even half of them are "skid row" characters or "jail bums," let him swiftly disabuse himself of that notion. Perhaps 20% of them are, although no count is available. It was estimated in 1947 that 1,370,000 alcoholics were regularly employed in industry. These men are not steady workers; they have high rates of absenteeism averaging an annual loss of 22 working days from drinking problems alone, high accident rates, high spoilage or waste rates; and especially when operating in teamwork or assembly line processes, they have a deteriorating effect on morale. Some of them are highly effective in a sporadic fashion, but as the alcoholic condition develops, their liabilities soon match and then exceed their assets.

In time of drastic manpower need it is probable that between two and three million alcoholics are employed.

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A Modern Situation

And Other Wes

*Alcoholism is our No.
7 000 000 Alcoholics
(1 out of every*

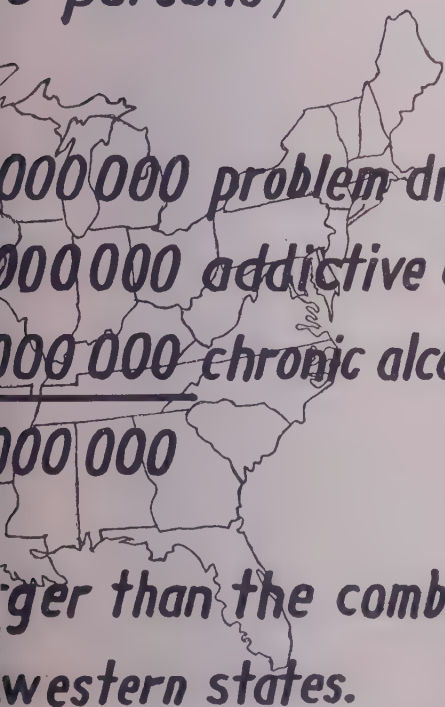


*Our alcoholic population is
population of 1*

American Culture

Nations, as well

*Health Problem
d Problem Drinkers
(3 persons)*



*000 000 problem drinkers
000 000 addictive drinkers
000 000 chronic alcoholics
000 000
ger than the combined
western states.*

ALCOHOLISM AND INDUSTRY

(Continued from page 193)

No one of them is operating at 100% efficiency; how many present a net loss to their business or industry is not known. Scraping the bottom of the manpower barrel was the rule in 1941-42; it is, also, in 1951-? That part of the barrel has a strong odor of alcohol.

Many Can Be Recovered

It is generally agreed that at least a quarter of these alcoholics can attain recovery, and that an equal number will show improvement. A successful treatment service can not be put into operation tomorrow, but startling results can be attained in less than a year. This is shown by the Allis-Chalmers experience which incorporated only a partial program directed only at outstanding cases.

When American business and industry begin to realize that some two million workers are operating far below their potential and that means are available for recovering a third or a half of this potential, it is not surprising that their interest should rise.

Increasing Public Awareness

Public awareness that "something can be done about alcoholism" is increasing. It stems from the wide publicity attending Alcoholics Anonymous and from the research and clinical activities of recent years, especially those at Yale University. Industry has been touched by this development. Of importance are two aspects of this awareness: One, that something can be done as seen in thousands of cases; two, that the alcoholic is not necessarily an unshaven, dirty, senile, low-class, unintelligent, weak-willed bum, reeking of alcohol and exhibiting ludicrous or disgusting or criminal behavior. The first of these will allow (but will not compel) the thought that if recovery is possible in the worst cases, and if it is possible in the middle-stage cases, then discovery and prevention of early cases is possible. The second awareness may allow—and this is most pertinent to business and industry—a new question: "If alcoholics are not what I thought they were—just 'drunks' "

—and if they are so damaging to industry, what are they, who are they, and are they in my industry?"

Modes of responding to the problem, unknown five years ago, are becoming relatively common. Three of these may be cited: first, top management may quietly refer "individuals with problems" to clinics or psychiatrists who have shown interest; second, management may encourage the formation of Alcoholics Anonymous groups to help the rehabilitation of those susceptible to this mode of therapy; third, some industrial physicians and personnel men are beginning to get interested in alcoholism as a health problem rather than as an exhibition of symptoms in certain individuals.

In "ordinary times," however, discharge of the men with alcoholism is easier—and young men are coming along. The final losses are less obvious. The intermediate losses are hidden, and when discovered, are accounted for by any term other than the real one. The most serious aspect in so-called ordinary times concerns the loss of extremely capable men **after** the company has put an investment of ten to fifteen years into their careers. Alcoholism becomes apparent after a 10 or 12 year period, usually between ages 30 and 45, the age when men of real promise are often reaching their peak of productivity; they have had 10 years experience, they still have drive and ambition, they are developing mature judgement, they understand the role of their work, and are at the point of high technical qualification or of assuming executive responsibility.

Just as this type of man is reaching his most useful industrial period, the effects of the developing alcoholism will increasingly negate his earlier promise. His company cannot easily find a substitute for that 10 to 15 years of experience.

BALTIMORE, Jan. 3—A tavern keeper's 15-year-old son was treated for acute alcoholism after a New Year's spree, University Hospital reported.

Patrolman Richard Connelly said he found the boy breaking window panes at an appliance store.

DIGEST OF BASIC INFORMATION ALCOHOL AND BEHAVIOR

(Continued from page 180)

the effect increases as the concentration of alcohol in the brain increases.

Several theories have been advanced to explain how alcohol affects the brain but to date no one knows exactly what does take place. The theory that alcohol injures the brain cells has been disproved. Concentrations of alcohol in the brain are seldom great enough to cause physical injury. The theory that alcohol interferes with the supply of oxygen in the brain is supported in part by evidence that intoxication occurs more quickly at high altitudes. Aviators sometimes experience a condition resembling drunkenness. There is also a theory that alcohol has a dehydrating effect on the cells of the brain. Although a satisfactory explanation has not yet been established it is quite definitely known that the section of the brain which controls mental functions is the first to be disturbed. Alcohol, like ether and chloroform, depresses mental activity.

At first alcohol appears to have a stimulating effect. It relieves tensions and diminishes care and anxiety by dulling the brain. Inhibitions and controls are loosened and the individual frequently becomes carefree and talkative. The narcotizing action of alcohol gives the apparent effect of behavioural stimulation. As the concentration increases, judgment, memory, and reasoning are impaired. The nervous system is dulled; thought processes sometimes become incoherent. Finally, in extreme cases, the individual may lose consciousness as he would if under the influence of ether or chloroform.

What is Intoxication?

It is very difficult to define "intoxication." As already mentioned, effects on behavior depend upon the concentration in the blood. In addition to the several

factors already listed which determine concentration in the brain, extent of intoxication depends upon other factors such as: resistance through use, temperature of the atmosphere, altitude, temperament of the drinker, and the immediate physical condition of the drinker.

Degree of Intoxication

Concentration in the blood may be expressed as a per cent by considering the number of drops of alcohol in each 1,000 drops of a person's blood. Thus, 10 drops of alcohol in 1,000 drops of blood would be 10/1,000, or 1/100, or 1%; one drop of alcohol in 1,000 drops of blood would be a concentration of .25%. The various types of behavior of an average individual is in accord with the concentration of alcohol in his blood.

TEEN AGERS LEARN HABIT FROM PARENTS

(Continued from page 186)

sociation, prostitution flourishes in drinking places. An investigation of 564 Chicago taverns disclosed "illegal conditions" in 452 places.

Come from Better Homes

Whose children are they? What kind of homes do they come from? No one can answer that better than the Juvenile court's Miss Coleman, and she says: "Unquestionably the majority of teen-age drinkers are from the so-called better homes, not the underprivileged ones, as most people think. The same is true of our car larceny cases. Definitely."

Once again we are indebted to you for an excellent issue of the **INTERNATIONAL STUDENT**. Dare I hope that you will give us permission to reprint "Background to the Use of Alcoholic Beverages" and "A Problem of Ethics?" (Feb. issue) Herbert Jones, British National Temperance League, Sheffield, England.

"Better law enforcement," she replied. "Revocation of tavern licenses for selling liquor to minors."

What about the parents' responsibility?

"The parents?" Her tone implied amazement and resignation. "Why, the parents don't care. They're glad to turn over their responsibilities to the community or law enforcement agency."

To See For Yourself

By Haven Emerson, M.D.

IN ORDER TO OBSERVE the depressing action of alcohol on others at a cocktail party you must refrain yourself. Only then can you notice the deteriorating behavior of the others. When you come into a gathering of cocktillers, you will notice their loud speech and highpitched voices. They are all a little hard of hearing. None of them see quite so sharply after cocktails as before. You notice that they say the same silly things over and over again, because they don't notice their repetitions and constantly gabble along with many words rather than express thoughts. Of course, they are, as they say, relaxed. Some would suggest, rather, that they are unbuttoned in ideas and speech.

All these appearances of the cocktillers—and the more so after the second and third glass—are manifestations of depressed capacities, not improved or stimulated abilities. They like to have their higher qualities a little anesthetized so that they may be at home with one another at lower and dumber levels. No one smiles, but everyone laughs out loud or continuously giggles or shrieks with delight. They are unrestrained, uninhibited, so depressed in their social qualities that they are likely to say almost anything, suitable or otherwise.

..A vigorous and healthy people are important to our economic progress, our national security, and to our social and political tranquility

In 1951 we spent for health and medical services individually and through government about \$13.6 billion. In the same year we spent for alcoholic beverages and tobacco and smoking supplies \$13.2 billion, almost as much. Consumers' expenditures for health and medical services came to \$8,976,000,000 as against almost as large a figure for alcoholic expenditures alone of \$8,450,000,000.

---EMERSON P. SCHMIDT, Director of Economic Research, Chamber of Commerce, of the United States, Oct. 8, 1952, in an address in Washington.

DR. MASSERMAN'S CATS

By Dr. E. M. Jellinek

A NOTED PSYCHIATRIST, Dr. Jules Messerman of Chicago, once drove sixteen cats to drink, to investigate facts about inebriety or drunkenness. The cats were first taught to open a box and take food from it whenever an electric bulb in their cage flashed on for a second or two. The cats came to watch eagerly for this signal, as it meant satisfaction of a basic need—hunger. After they had learned this lesson well, Dr. Masserman taught the cats to operate a light switch, a large button placed on the floor of the cage. Whenever they wanted food they would press this button with a paw, watch for the light to flash, and then go to the food box. Later the electric switch was placed on the wall of the cage. The cats had to stand on their hind legs and press the button with their forepaws. Since it meant food for them, they learned this somewhat difficult trick, too.

Stages in Intoxication

Dr. Masserman wanted to know how alcohol would influence this acquired labour. Since the cats would not drink alcoholic milk voluntarily he gave it by stomach tube or by injection. He found that when the cats were mildly intoxicated they forgot how to operate the light switch on the wall, but they still operated the switch on the floor. As intoxication progressed they were no longer able to operate the floor switch, but still responded to the flashing of light when it was operated by the experimenter. At the most severe stage of their intoxication even the signal lost all meaning for them. The experiments showed that alcoholic intoxication interfered

Dr. E. M. Jellinek, now Chairman of the International Committee on Alcohol Problems of Mental Health in the World Health Organization, Geneva, Switzerland, was Director, for eight years, of the Yale School of Alcohol Studies, at Yale University, New Haven, Conn. His record of research and writing on Alcohol is outstanding in world study of the problem. This article was written to interpret, in popular style, one main factor of alcoholic drink.

with the learned behaviours in the reverse order of learning. What was learned last was forgotten first, and what was learned first was forgotten last. Such is also the effect of alcohol on men and women. Then Dr. Masserman made life really difficult for the cats. When they went to their food box in response to the light signal they got a slight electric shock or were exposed to a sharp air blast. After this had happened four or five times the cats would neither operate the light switch nor respond to the signal. They would not take food even outside the cage. They showed signs of distress, went through all kinds of contortions, and seemed to lose all interest in the outside world. They would not even take notice of a mouse. The cats were the victims of a conflict—between the hunger drive and the drive to avoid pain—and this conflict paralysed normal behaviour. At this point Dr. Masserman again gave the cats alcohol by injection, just enough to make them mildly intoxicated. Under its influence the cats began operating the light switch again and taking food from the box. As soon as this mild intoxication wore off they relapsed into their apathetic behaviour.

Cats Become Addicts

Next, Dr. Masserman placed two containers in the cage, one containing pure milk and the other milk with about 10 per cent alcohol. The cats now drank the alcoholic milk voluntarily. As a matter of fact they could not be got away from it; they didn't even look at the pure milk. As long as they were mildly intoxicated they overcame their difficulties. In other words, these cats had become dependent on alcoholic intoxication. But when their conflict was solved—that is, when they were retrained so as not to be afraid of the air blast or the electric shock—they did not touch the alcoholic milk any more. They were rehabilitated.

Men and women, too, are subject to conflicting drives. Frequently they seek an artificial solution of their problems, such as alcoholic intoxication. Recourse to intoxication may be quite appropriate for cats, who have no means of assessing their difficulty or of making an in-

tellectual effort to solve it. Human beings, however, do have intellectual and spiritual assets which they can use to overcome their conflicts.

One of the finest ways of preventing inebriety is to develop the spiritual and intellectual assets of one's personality and to learn how to utilize them. In these days in which all of us are beat by the anxieties caused by the so-called Atomic Age, it is particularly important that we should not rely on crutches, that we should not look for artificial escapes—but that we should make a conscientious effort to deal with the difficult situations.

A Boston Librarian Sees

A CONTRAST

IT WAS in 1930, ten years after the liquor prohibition amendment was passed, that I became librarian at the Business Branch of the Boston Public Library, located 25 feet from a corner of the City Hall and a block from Scollay Square and lower Washington Street, where liquor conditions had been among the worst in Boston before 1920.

In a short time we had an average of a thousand business men per day using our material. In spite of the locality and this large attendance, and in spite of the rumors of large increase in drinking in these last years before repeal, only one drunken man darkened the doors of our library in the three and a half years from May 1930 to December 1933. But after repeal, so many drunken men had to be taken out of the library that I began counting them, and found 103 drunken men in the three and a half years after repeal compared with one in the last three and a half years before.

—Mary Watkins Dietrichson, Jamaica Plains, Mass.

A distinguished leader of the National Safety Council has stated that probably 60% of the deaths and accidents on American highways are the result of so-called *moderate* drinking. The Safety Council also reports that a driver with .15% alcohol concentrations in his blood is 55 times more likely to have an accident than a *non-drinking* driver.

ALCOHOLISM IN AUSTRALIA

Doubles in 14 Years in Victoria

THE AMOUNT of alcoholism in Victoria has doubled since 1939, the chairman of the Mental Hygiene Authority, Dr. Cunningham Dax, told the fifth anniversary meeting of Alcoholics Anonymous last night.

More than 300 people crowded into the small Independent Hall, Collins Street, to hear members of the group speak of its work in the past five years.

Speaking of the growth of alcoholism in recent years, Dr. Dax said it posed a grave responsibility not only to the medical profession but to the whole community. "Alcoholism is a symptom," he said, "probably more a symptom of civilization with its artificial social life than of anything else. "This artificial life of today is beset with conflicts and frustrations and boredom. Thousands have lost their sense of values. There seems nothing on which to build a solid life."

No Amenities

Dr. Dax said that a cause of alcoholism that could and should be rectified was the mushroom growth of new communities where amenities were forgotten. "In these new communities, where are the churches, the clubs, the halls, the hospitals, the organizations of culture, and the other amenities that fashion a solid and proud community?" he asked.

"Isn't it proper that a Government should legislate that every time any community expanded by 2000 people such amenities as these should be added?"

Without amenities, Dr. Dax said, these groups of people soon became "lost communities." Difficulties arose and alcoholism was in the forefront of them.

Double Strength

"One wonders why here, in a young country, the alcoholic content of liquor has to be twice as strong as anywhere else," Dr. Dax said. "One wonders why hotels

Reported in *The Clarion Call*, Nov.-Dec., 1952.

are drinking houses instead of being clubs. Most of all, one wonders why something cannot be done about the whole question of liquor. The effect on health is considerable. It is a very serious matter that we should be allowed to poison ourselves in this way."

Dr. Dax said that the best definition of health was physical, mental and social well-being, and not merely from sickness.

Peace of mind was essential to health. That could only come from a community where health and well-being were prized and esteemed. Alcoholics Anonymous had done a tremendous job in restoring peace of mind to those whose sickness had become a torment. Its greatest value was in group psycho-therapy, a comparative recent discovery of medical science. The feeling that each member of a group could do something for the mutual good marked a strong bond.

The Objective Health Approach

By L. C. Goffin, M.D.

ALCOHOL DOES more harm, individually and socially, than all other narcotics combined. It constitutes a grave public health problem.

The challenge that beverage alcohol flings in the teeth of our civilization is one that education cannot continue to ignore. Sooner or later, the issue will have to be faced realistically. With the proper three-fold attack, the challenge can be met. The duty of the school is clear: (1) teach the facts, unemotionally and scientifically; (2) create the proper attitude; (3) train young people to be well integrated personalities with constructive emotional patterns and a well-developed sense of social responsibility.

Dr. Goffin is Supervisor of Public Health Education in the schools of Los Angeles, Calif.

Advertising Promotion of Drink Patterns

From an Interview with
Congressman Joseph R. Bryson

THE LIQUOR interests today are trying to make everybody want liquor. They realize that young people are the largest potential source for new customers, and they are employing every channel, and using all means, to exploit our young people, our women, and our military forces to gain recruits for their trade.

They know that young men and women love sports, and the beer manufacturers have made it a practice to specialize in the broadcast of sports activities such as baseball, football, and basketball, and have sponsored these programs on condition that beer is advertised as a healthful beverage which will make the youth 'men of distinction' promoting their success and happiness.

They not only pay for the broadcasting of these sports activities, but pay the players to testify in behalf of the merits of their particular beverage as enabling them to excell in the sports. Again and again during the broadcast the listening audience is urged to drink some kind of beer. They get the players to tell how good and exhilarating the drink is.

Radio and television respect no boundaries; they enter all homes to exploit the youth in spite of the protests of parents who have the welfare of their children at heart. They enter into the dry as well as the wet sections of our country, and everyone listening, irrespective of his sentiments or his occupation and profession, is urged to buy alcohol. Many youngsters who otherwise would never come in contact with alcoholic beverages are exposed to these advertisements constantly and are deceived and

Hon. Joseph R. Bryson is a Representative in Congress from South Carolina. In January, 1953 he introduced a bill to limit "transportation of interstate commerce in advertisement of alcoholic beverages."

enticed by the false propaganda they hear and see over the radio and television.

Millions upon millions are spent each year to gain new recruits from the ranks of abstainers. The best advertising salesmen and the best artists in the land are hired to make full-page advertisements in the leading magazines and newspapers, soliciting the public to use the advertised products. With great skill and subtleness these ads emphasize that drinking is a mark of distinction.

Impressionable and immature boys and girls who see these colorful and attractive full-page solicitations are deceived by them and lured to become "men and women of distinction" by the alcoholic route.

The consumption of liquor has increased in the same ratio as the amount of money expended for liquor advertisements. The 1951 drink bill exceeded Nine Billion Dollars. According to Dr. E. M. Jellinek, who is attached to the World Health Organization as an alcohol expert, 3,800,000 Americans can be classified as alcoholics.

The public is continually subjected to allegations in liquor advertisements which are manifestly untrue or at least highly misleading. These fallacious assertions as to the merits of liquor and its stimulating and invigorating effects upon the human mind are captivating the youth of America and are leading many of them into an alcoholic trap from which there is no release.

In their ads the liquor advertisers never hint at or point out the dangers of becoming alcoholic addicts. They present only the glamorous side of indulgence.

The startling fact that alcoholics in America are increasing at the rate of more than 50,000 a year, and that problem drinkers are increasing by more than 200,000 a year, should make all good citizens aware of an acute problem.

----WAYNE W. WOMER, Secretary of Alumni, Yale School of Alcohol Studies.

The problems of alcohol and of mental hygiene are closely connected. In too many groups of society, drinking habits have taken such firm root that they exert a marked influence on the individual and collective mind.

----Prof. M. ALEXANDER, Brussels, Belgium, at the International Congress Against Alcoholism, Paris, Sept., 1952.

NEW FOUR-YEAR PROGRAM

of the Intercollegiate Association

1.—Promotion of objective and scientific study of the Alcohol Problem---by college students, colleges, faculty members and intercollegiate activities.

2.—The EDITORIAL AWARDS, the Roberts' Series, that offers \$1,700.00 in annual prizes for writing by college undergraduates; the winning papers are published annually for wide distribution. Annual change of theme, such as "Can Education Solve the Alcohol Problem," (1952); "Social Drinking: What do You Think?" (1953); "Preventive Medicine and Alcoholism," (1948).

3.—The INTERNATIONAL STUDENT, six issues per year, for students, teachers, and thinking younger people generally.

4.—The INTERCOLLEGIATE SCHOOLS of Alcohol Studies, annually, for college students; held Internationally; a week of serious study and direct participation; of recreation and fellowship—all with the aid of educators, scientists and specialists of highest recognition.

The Educational Program of the Association is a well-balanced, interdependent program of Alcohol and related projects, an outgrowth of fifty years of experience in this field.

It is sponsored by the INTERNATIONAL COUNCIL of college presidents, deans, professors, editors, business and professional men and women.

It is dependent, mainly, for financial support on the gifts of friends who understand the meaning of well-equipped leadership on the alcohol problem of this generation.

I enjoyed the February issue of the International Student very much. The originality it showed made it particularly appealing; two articles, in particular, "These, Then, are the Real Drunks," and Dave Alkire's "A Problem in Ethics."—Barbara A. McNutt, Mt. Allison University, Sackville, N. B.

Drunkenness accounts for the major part of the burden of the police. Crime rose 5.1 per cent throughout the United States in 1951. Cities showed a 5.2 per cent increase and rural areas a 5 per cent increase.

Arrests for drunkenness reported to the FBI rose from 178,065 in 1950 to 191,455 in 1951. Reported arrests for driving while intoxicated went up from 51,318 in 1950 to 59,910 in 1951.

New Understanding Publications

On The Alcohol Problems

A MODERN APPROACH TO THE PROBLEM OF ALCOHOL, by Harry S. Warner L. H. D.; an all-over view of its main aspects, revealed by scientific research and practical experience. Over 50,000 copies have been distributed. 1950 revised edition; 15 cents, 12 copies \$1.50 per dozen.

IT'S UP TO YOU, by Seward Hiltner. An objective and scientific statement of facts, pro and con, leaving—actually impelling—each reader to face the question and decide for himself. Written for college students Price 10 cents; 12 copies \$1.00

CAN EDUCATION SOLVE THE ALCOHOL PROBLEM? Answers by 29 college students; the winning papers in the 1952 Editorial Contests of the Roberts' Award series; the November **INTERNATIONAL STUDENT**.50 cents

ABRIDGED LECTURES, Yale School of Alcohol Studies, first session. The basic scientific information condensed in popular, non-technical language.110 pages; price 50 cents

THE ALCOHOL PROBLEM—VISUALIZED; edited and published by The National Forum, Inc., Chicago. A substantial, all-around and dependable book of the latest scientific information, incisively written, graphically illustrated.Price \$2.25

THE LIQUOR CULT AND ITS CULTURE, by Harry S. Warner L.H. D. in all-over study that seeks to popularize and make available to the student and reader the basic scientific information regarding alcohol in modern society and personal living. It develops a philosophy for permanent, constructive effort toward solution. The writer is author of *Social Welfare* and the *Liquor Problem*, 7 editions Prices: cloth \$1.35; paper \$1.00

ALCOHOL TALKS FROM THE LABORATORY, by Howard E. Hamlin, Director of Health and Narcotic Instruction, Ohio State Board of Education. Alcohol, personified, tells the truth about himself—to inquiring youth; the facts desired and needed by high school and other young people Price 25 cents

INTERCOLLEGIATE ASSOCIATION

FOR STUDY OF THE ALCOHOL PROBLEM

12 North Third Street

Columbus 15, Ohio

Speaking Your Mind

To The International Student

SEEKING A PLACE to speak, in our own church, on the Alcohol problem, the church school superintendent said he would "feel out" some classes. This confirms a previous impression that many church leaders, even ministers, are shying away from speaking, and conversation, on this situation of today. If they, of all people, are afraid, who will speak up. This, of course, is a very general statement, but it seems to me to be at least partly true. For, if they should speak they need not take a "come to the altar" approach. An objective, interesting and normal address, dealing with recent findings and economic factors — taxes derived and costs of rehabilitation—would effectively, start thinking, and reduce acceptance in church-minded homes.

.....W. "Rod" Covey, Ohio State '52, Journalist and recent college editor.

Takes A Balanced View

The Montreal Star, January 28, 1953

"A very vigorous group interested in the ramifications of alcoholic drinking is The Intercollegiate Association for Study of the Alcohol Problem" says a writer, Dr. Douglas J. Wilson, M.A., Ph.D., in the Montreal Star, January 28, 1953. He adds:

"Each year this Association announces an editorial contest whose total prizes amount to \$1,700. These funds came from an endowment made by Mr. Logan H. Roberts, an attorney who, with four other college students, began an intimate study of the whole question over 50 years ago. Mr. Roberts has distinguished himself as a civic and church leader.

"This past year (1952) well over 700 students from the United States and Canada submitted essays on the general topic of 'Can Education Solve the Alcohol Problem' . . .

"In the most recent issue of The International Student, the organ of the Association, the editor calls attention to the diversity of opinion about what 'the' problem is and the meaning of education."

The Star writer, then publishes in full, the highest standing Editorial in the Contest of 1953, that of Miss Marilyn Johnson, State Teachers College, Kearney, Nebraska, on "Education and the Alcohol Problem."

We cannot begin to find the answers to the Problem of Alcohol until we create a Christian morality concerning alcoholic beverages. A moral climate must be created, out of which can evolve the solution. Education is not enough, there must be Christian motivation.

----WAYNE W. WOMER, Exec. Va. Church Temperance Council; Secretary of Alumni, Yale School of Alcohol Studies.

Seeking Readers Opinions

Clip and Return

With this issue The INTERNATIONAL STUDENT is offering additional digest material relating to various vital aspects of the Alcohol problem, scientific facts, and indications as to how the drink customs spread. The Editor and the new Editorial Council are anxious to publish only such material in the future as will be most helpful.

You can help by answering the questions below and mailing in this coupon.

1. What is your opinion of the November issue featuring Student editorials on, "Can Education Solve the Alcohol Problem?"

Very valuable Somewhat interesting

Little value

2. Your opinion of the February issue, with a variety of articles:

Which was most valuable Least

3. Which article in this April issue is most useful:

4. Check the types of articles you would like to see more of:

☐ Reports of new scientific research

☐ Classroom or study aids

☐ Editorials

☐ Re-presentation of the well-established scientific facts on alcohol.

☐ News relating to educational projects on alcohol

Writings by scientists ☐.

☐ Discussions of the philosophy underlying efforts to solve the problem.

educators ☐,
college students ☐

Name & address (optional)

Student, professor, etc.

Mail to: THE INTERNATIONAL STUDENT

12 North Third Street, Room 522

Columbus 15, Ohio

INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

Mid-Summer — July 19-25, 1953

Otterbein College, Westerville, Ohio

COLLEGE STUDENTS of NORTH AMERICA and their leaders are invited to SHARE TOGETHER in study and creative service toward understanding the problems of alcoholic drink in life today.

Among the speakers and seminar leaders are internationally known scientific and educational experts from both Canada and the United States.

Here the final honors and prizes in the Intercollegiate Editorial Contest of 1953 will be announced, and personally awarded to those who attend.

For all details, write: Intercollegiate Association,
12 N. Third St., Columbus 15, Ohio



THE
INTERNATIONAL

M A Y
1953

STUDENT

-- And Digest of Alcohol Studies

In This Number - -

Intercollegiate Schools of 1950-53

A Medicine — Or What?

Digest of Basic Information

Ten Years of University Leadership

New Canadian Movement Grows

Alcoholism Compared With Polio

Old Student House, University of Helsinki, Finland (See Page 233)

Democracy
is something
deeper than
liberty; it is
Responsibility"



THE INTERNATIONAL STUDENT

May, 1953

Vol. 50, No. 6

HARRY S. WARNER, *Editor*

INTERNATIONAL EDITORIAL COUNCIL: Edwin H. Maynard, Chicago, Ill.; Wm. Roderic Covey, Canton, Ohio; Henry C. Jacobs, Grand Rapids, Mich.; Barbara A. McNutt, Mt. Allison University, Sackville, New Brunswick; Jerry A. Kurland, Montreal, Canada; Matti Voipio, Helsinki, Finland; Bo Nilsson, Stockholm, Sweden; Howard G. McClain, Columbia, S.C.; Donald A. Groskreutz, Wartburg Seminary, Dubuque, Iowa.

“Skid Rows” Skidding—Upward

MOST OF Montreal's alcoholics are to be found, not in “skid row” but in the industries, professions and homes of the metropolis.

That is one of the conclusions reached by the Committee on Alcoholism of the Montreal Council of Social Agencies after a study which took nearly three years . . .

Recording its general impression, the committee said:

“There is enough data to indicate that alcoholism is a major health and social problem . . .

“In industry there is evidence that ‘problem drinkers’ occur in all levels of industrial organization, including executives, supervisory, clerical, skilled and unskilled levels.” . . . Only a small percentage of alcoholics belong to the derelict or skid row groups.” —Fred Poland, **The Montreal Star**, January 28, 1953.

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The Intercollegiate Schools Of Alcohol Studies 1950 - 1953

“Seeking an Effective Approach
to the Alcohol Problem of TODAY.”

THESE GROWING questions about alcoholic drink: On the high-way, the campus, in the person of “the alcoholic,” in social groups and the cult of “drink”? How shall we think of them today? How approach them in study that will aid thinking? Intelligent decision? In the forming of personal and social attitudes that are sound and constructive—of value to students and other young adults?

One answer has been found that goes far. It is clear-cut and realistic, it is supported enthusiastically by students and instructors alike. It **has been tested** for three summers in the new Intercollegiate Schools of Alcohol Studies that bring together students, faculty members and religious leaders from various colleges and universities of the United States and Canada.

For the spirit and method of objective, scientific study and discussion — of STUDYING TOGETHER — in frank, democratic freedom, last August at Victoria College, University of Toronto, and in American College in two previous years, were regarded by those who attended as an effective method of meeting the situation of today.

This modern approach marks the beginning of a new and scientifically based movement of thinking and pre-

The Fourth International Intercollegiate School of Alcohol Studies, at Otterbein College, Westerville, Ohio, July 19-25, is sponsored by the Intercollegiate Association of Canada and the United States. It is open to college students and their faculty advisors, religious and other leaders. For program write the Association, 12 N. Third St., Room 522, Columbus 15, Ohio.

paration for service that has far-reaching possibilities in constructive action on the alcohol problems of current and future years.

Next — Otterbein College, 1953

As a mid-summer citizenship conference, now well established, the Intercollegiate School of 1953, offers a week of vacation and recreation combined with serious study, vigorous discussion, and comparison of experience and observation relating to one of the greatest problems now confronting the social life of Western civilization, one that every intelligent young person has met, or is bound to meet in the near future—Alcohol and Alcoholism in modern living.

During the week to be spent quietly together at Otterbein, a typical small college of North America, students from Canada and the United States will share in the educational leadership, the scientific knowledge, and the personal conferences brought to the School in lectures, seminars and by private conversations with high-standing experts. Thus, in a few days, they will have the privilege of obtaining an understanding of the latest and most fully substantiated knowledge now available on the alcohol problem and an inspiration toward its use in service.

For the purpose of the School is to provide a place and a way by which college students, their leaders, religious workers, and others in this special field, may meet effectively the alcohol problems as they find them in 1953. Then, with this background, to think, to decide and to act constructively as citizens and coming leaders of culture and public opinion.

Program of the Week

Beginning July 19, at 8 P. M., the program of the week will have, as student Co-Chairmen, one from an American and one from a Canadian College who attended the School at Toronto in 1952. The School will include the following lecture and seminar subjects:

(Continued on Page 231)

A Digest of Basic Information

II

The PROBLEMS OF ALCOHOL

Primitive Society

THE SOCIAL LIFE of primitive communities was extremely simple. Mere survival was usually precarious; change from traditional patterns of living was hazardous. Each generation, consequently, imitated the skill, customs, and folkways of the preceding generation. Survival depended on the ability of the young to reproduce the ways of living of the adult. New problems seldom arose. In comparison modern society is characterized by rapid change and complex social, economic and industrial problems.

Modern Society

Social changes are usually followed by new problems. Inventions which affect production and distribution disturb existing patterns of living and bring new problems of social organization. The automobile has added greatly to the comfort, convenience and service of modern society, but it has created new problems of traffic safety which necessitate regulation and control. Atomic development which holds almost unlimited possibilities for industrial progress has intensified the problems of personal, national, and international security. Problems arise when innovations penetrate and disrupt a culture or create obstacles to the realization of spiritual and social ideals. Conversely, new problems arise when a culture **persistently retains** long established patterns of living amidst widespread social and industrial change.

Alcohol and Social Change

Many of the problems associated with alcoholic beverages have existed since those beverages were first used. However as society became complex the problems chang-

Condensed from "The Problems of Alcohol," chapter II in *A Manual of Alcohol Studies for Schools*, issued by the Department of Education, Winnipeg, Manitoba, Canada, 1952. Used by permission.

ed and became more acute. The drunkard in primitive times did not drive an automobile or operate machinery which requires a high technical skill. Today the complexity of society and an increasing sense of social responsibility make solution of problems associated with the use of alcoholic beverages a matter of urgent public concern. Attempts to solve them depend upon an understanding of social trends and a definition of the areas in which the use, and especially the excessive use, of alcoholic beverages has created new or intensified existing problems.

The Economic Problem

In 1950 Canadians spent approximately one dollar out of every six that went to food and drink, for alcoholic beverages alone. If only those who use these beverages are included, the proportion would be higher. For all consumer goods and service every Canadian spent on the average one dollar out of every eighteen on alcoholic beverages. It is doubtful whether many families can afford this percentage of their budgets for alcohol.

In the ten year period, 1941-50, over 8,000,000,000 pounds of food stuffs—enough to fill a 65-mile freight train each year—were used in the manufacture of these beverages. This quantitative problem may be expressed in terms of money and food; but there is the equally significant problem of a value system which permits such a disproportionate amount of money and raw materials for the manufacture of alcoholic beverages. And, according to the Dominion Bureau of Statistics, the total expenditure for alcoholic beverages in 1950 was \$200,000,000 more than the amount spent in Canada for education.

The Problem of Traffic

Today one of the most serious traffic hazards is the person who drives while intoxicated or under the influence of alcohol. In the United States about 35,000 people are killed and 800,000 injured annually in traffic accidents. Statistics from the National Safety Council show that drink is a factor in about 1 out of 5 fatal accidents. About 1 out of 4 adult pedestrians killed in auto-

(Continued on Page 236)

A Medicine – Or What?

By Arthur G. Skeeles

PHYSIICIANS long used alcohol as a medicine. But today, few doctors prescribe alcohol for any disease, although some doctors still think it has a place in the treatment of certain conditions.

Many persons however who are not doctors use alcohol as a remedy for such ills as these:

1. To ease slight pains and discomforts.
2. To stimulate a poor appetite.
3. To relax tensions induced by work and worry.
4. To overcome feelings of inferiority and uneasiness in social gatherings.

The fact is that though alcohol is a powerful drug, it does not cure any of these ills. It may mask the pain or uneasiness; but no "pain killer" cures anything. At best it eases pain. But it may also aggravate the conditions that cause the pain; and if the pain killer is a narcotic, such as alcohol or opium, it may lead to the formation of a habit which will cause much more distress than the disorder which the drug is taken to relieve.

That alcohol does not **cure** the ills metioned above is shown by the fact that relief is only temporary. When one drinks at a social gathering, he may find that conversation seems more lively, but at the next social gathering he is not better able to talk; instead, he needs a drink to loosen his tongue. When he has not had a drink he finds himself more ill at ease than before. His trouble is not cured, but rather made worse. As time goes on he may find that he needs more alcohol to give the same effect.

The author of Proverbs, more than two thousand years ago, put it well: "Wine is a mocker." It make you "feel good," but it does not improve your health. It soothes your stomach ache, but it does not improve nutrition. It makes you feel at ease in the company of others, but it does not help you to learn acceptable social habits. It enables you to talk freely, but it does not make you

more witty or wise; it just dulls your brain so you don't know how silly you are.

Mankind is slow to learn this. When a drink containing alcohol helped us to enjoy a party, we thought it made us more sociable. When it made food taste better, we thought it nourished us. When work seemed easier after drinking, we thought drink helped us to work.

It took scientific investigation to show that alcohol is not helpful; that it hinders nutrition, and that the drinker works more slowly and makes more mistakes than if he had not had the drinks.

If alcohol could really do what some of its users think it does, it would be a boon to mankind. If, for example, a man could by drinking become a better talker, what an easy way to learn the social graces! It would be worth being drunk once if it would make him a good conversationalist. But, alas! Drinking doesn't really make you a better talker; rather, it makes you ashamed of your sober self, so that you don't want to talk until you have had a drink.

This is not a new discovery. More than two hundred years ago Samuel Johnson talked to Sir Joshua Reynolds, the portrait painter, about the effects of wine. Sir Joshua argued that "Moderate drinking makes people talk better." (How modern that sounds!)

"No, sir," Johnson retorted, "wine gives not light gay, ideal hilarity, but tumultuous, noisy, clamorous merriment."

On another occasion Johnson advised that "A man should cultivate his mind so as to have that confidence and readiness, without wine, which wine gives."

What is it that wine gives? Johnson declared that "Wine gives a man nothing. It neither gives him knowledge or wit; it only animates a man, and enables him to bring out what a dread of the company has repressed."

This was the verdict of the man who was reckoned the greatest conversationalist of his age, and of whom his biographer, Boswell, said that he had more pleasure from

(Continued on Page 228)

Ten Years of University Leadership

IN EDUCATION ON ALCOHOL

A NEW MOVEMENT in education relating to the custom of alcoholic drink has been started and widely extended in the past ten years. It differs, in large degree, from the movements that has sought solution of this problem in previous years, for it is being promoted, chiefly, by university educators, scientists, and research specialists.

In previous years, and for a century or more, active service in seeking restraint, control, and removal of the destructive consequences of the consumption of alcoholic beverages, with few exceptions, has been that of devoted welfare and religious leaders and organizations, national and international. This temperance movement grew out of stark realism—out of a sense of imperative need that something be done. It started and grew from among the neighbors and friends of the victims of alcoholism. And, with the aid of most of the churches, it has been the background—and back-bone —of practically all constructive efforts that have tended toward solution of the problems for many years.

Now, however, without reducing or replacing the need for the great activities known as “the temperance movement,” there has been added the definite service and influence that university and college educators, and scientific experts, alone can furnish. This new leadership may be regarded as an additional resource in the gigantic task of facing the Alcohol Problem in present day complex living.

This “modern approach”, now widely experienced in the United States, Canada, and to some extent in other countries, begins with and centers in study and the increase of scientific understanding of alcohol in modern culture. It treats the problem as it does other serious yet controversial problems on which people have different backgrounds and degrees of understanding. It is adding

a factor and a force not hitherto available in the struggle of centuries, in Western civilization, over "drink" and its results in human living.

For during the past ten years there has emerged a series of university-sponsored Schools of Alcohol Studies, Institutes, Seminars, and Conferences. Led by men in university positions, this service recalls, in some measure, the leadership given by college presidents, professors and college ministers a hundred and fifty years ago in the New England and Eastern Canadian colleges in the first reaction of those days against heavy drinking and the drink culture of those years.

Yale School of Alcohol Studies: Organized in 1943, the First Yale School of that summer set a pattern. It has been an outstanding project in the new movement. Ten annual sessions have now been held; the eleventh is scheduled for four weeks, June 28 to July 23, 1953. Established to bring out recent scientific information, to correct mis-information and "to meet the needs of a number of categories of professional and non-professional" people, educators, psychiatrists, medical men, case workers, leaders of the A.A., and others, it has limited itself to this field through the decade. Attendance during this time has been 1,479 students (mostly experts themselves), from 47 states, the District of Columbia, nine provinces of Canada and 14 from other countries.

Juniata College, Huntingdon, Pa., Organized two years after Yale, the Pennsylvania School of Alcohol Studies, meeting each summer at Juniata College, is the school of second longest standing. Sponsored by the temperance agencies of the state, this school holds its ninth annual session July 13-17. Its purpose is to make available to teachers and leaders of public opinion throughout Pennsylvania, the latest knowledge regarding a beverage alcohol and to consider ways and means to implement this knowledge in dealing effectively with the problem.

Texas Christian University, Fort Worth. An Institute of Alcohol Studies, or "Yale School in the Southwest," was held at Texas Christian University in the summer

of 1949. It offered a substantial course of three weeks. As an extension of the Yale Plan, it directed particular attention toward the Alcoholic and Alcoholism as an illness, and initiated modern scientific service toward rehabilitation of the victim of alcohol. It was sponsored jointly by Texas Christian University and Yale.

University of Wisconsin, Madison. This summer session of six days each year is a project of the University Extension Division. Its purpose is "to acquaint physicians, ministers, nurses, business men, teachers, social workers and other interested persons with the recent scientific developments dealing with the problem of alcohol and alcoholism." It held sessions in 1950, 1951, 1952, and has a program for 1953.

Oregon State College, Corvallis. A two-weeks school and workshop for the state of Oregon, was started in 1951 and repeated in 1952. It is coordinated with substantial courses of instruction for teachers that are given each year at the State University, Eugene, and in Portland by the Extension Division of the State System of Higher Education.

Medical School, Loma Linda, Calif. An Institute for the Prevention of Alcoholism, has been held each summer at this Medical School, beginning with a four weeks course in 1950. It has had a rapidly growing annual attendance. Organized on a graduate basis it includes lectures, seminars, and field trips to Los Angeles courts, penal, and health institutions in first-hand study of the social and legal aspects of the problem. The dates of the 1953 session are July 13-24; the program consists of twenty lectures, twenty discussion periods, four seminars, four workshops and four field trips.

University of California, at Los Angeles. An Institute of Alcohol Studies, promoted by the University Extension Department, offers each two years, a three-day high-pressure course for experienced workers.

University of North Carolina, Chapel Hill. A week of Studies on Facts About Alcohol was conducted, first, in June 1952, at the University of North Carolina. It was

sponsored by the Extension Division and the North Carolina Rehabilitation Program. Designed especially for teachers, ministers, social workers and health workers it is open to all lay and professional leaders whose work or interests bring them into contact with the problem.

New York University, N. Y. An Institute at New York University of School and Community Problems in the summer session for years has included particular attention to alcohol. This advance credit course intended to aid teachers in the public schools and church and community leaders interested in the problem.

George Pepperdine College, Los Angeles, Calif. in August, 1949, offered a two weeks School of Alcohol Studies of graduate rank for religious leaders, educators, doctors, and welfare workers. It sought to make available "the latest information on all phases of the subject" and "to develop a sound educational approach."

Southern Methodist University, Dallas, Texas. Introduced in 1951 and continued in 1952, a course has been provided in the regular work of the summer school. Co-operating with the University in this service is the Dallas Committee on Alcoholism seeks to extend the advantages of the course into the general community.

University of Utah, Salt Lake City. The second annual session of the Utah School of Alcohol Studies, is to be held June 14-21, 1953. "Organized to give a comprehensive understanding of alcoholism and its associated problems to physicians, nurses, teachers, social workers, law enforcement officials, probation officers, personnel workers and religious leaders", it is open, also, to graduate students working for degrees and to undergraduates. To them it offers three hours of credit. All students, both non-credit and credit, receive certificates for work completed.

Millsaps College, Jackson, Miss. This Summer Institute of Alcohol Education, held its first session June 23—July 3, 1952. Its purpose is "to meet the needs of all citizens whose work or interest brings them into contact with the problem of alcohol and alcoholism, on the highway, in the school room, the church, the factory, the jail, the

hospital or the home." A feature of this school is a continuous series of lectures—three a day for three or more days, by an authority on recent scientific research from Yale University, and an intensive series of seminars.

Northwestern University, Evanston, Ill. Under the sponsorship of Northwestern, there has been conducted for years a Physical Education department course and workshop for the equipping of teachers by the National Women's Christian Temperance Union. Teachers attend, each year, from widely scattered states. College credit is offered for the work done.

The significant fact is the rapid extension of educational leadership on the Alcohol Problem now being taken by university educators.

A MORE EFFECTIVE APPROACH

By Fred C. Slager, Ph.D.

Those who have thought at all about the problem of alcohol, have come to the conclusion that fundamentally it is a problem of education, of gaining the co-operation of home, school, and as many of the units of society with which the student is surrounded as possible. We have learned that there are certain approaches that are more effective than others; we conclude that they must be of scientific nature. Mistakes have been made in the past in attempting to over-emphasize the emotional. Now we have to use different methods, and they should be as scientific as possible.

In the theater,
On the radio,
On the signboard,
In the papers and magazines,
I say what I'm paid to say.
In the laboratory,
In the wrecked automobile,
In the city jail,
In the roadhouse,
In the veins of the drunk,
I tell the truth.

Maryland, News.

Psychological Intoxication

“THERE’S A PSYCHOLOGICAL intoxication that occurs more quickly than physical intoxication, especially in beginning drinkers,” said Raymond G. McCarthy, executive director of the Yale Plan Clinic, at the North Carolina Summer Studies on Facts About Alcohol, Chapel Hill, in June 1952.

“By the same token,” he added, “among veteran drinkers there’s a psychological tolerance for alcohol which delays evidences of physical intoxication up to a certain point of consumption.”

In explaining the psychological effects of alcohol, the nationally-known authority on alcohol problems said “The veteran drinker has a better idea of how he’s likely to feel and act after several drinks, and has developed certain controls. He anticipates certain stages or effects on the road to intoxication. Up to a certain point depending on his physical size and condition, he compensates and adjusts his actions through a psychological familiarity with the increasing effects.”

McCarthy gave four primary reasons people drink: “To escape responsibility, frustration, and conventional behavior; to relieve tensions; to compensate for emotional immaturity; and to obtain social approval.”

He explained that “alcohol affects the central nervous system and is a progressive nerve depressant, acting as a sedative in small amounts and as an anesthetic in larger quantities. Moderate amounts of alcohol affect not only judgment but also speed of reactions, discriminations of sensory perceptions, and degree of muscular control.”

According to the Yale leader, “The feeling of stimulation from alcohol occurs because of the release of inhibitions and the submersion of anxieties. It does not ‘cure’ the feeling of inferiority, but through impairment of judgment gives a temporary illusion of superiority.”

New Canadian Intercollegiate Movement

Grows Rapidly

CONTINUING A PROGRAM that has been growing for nearly two years, to engage the leaders of university and college education in Canada in a movement of educational service on the Alcohol and related problems, Rev John A. Linton, Toronto, completed in March his third Across-Canada tour of conferences with university officials, department educators, religious workers among students and with students and leaders of student groups.

On this tour, and in previous visits, Mr. Linton represented the Intercollegiate Association for Study of the Alcohol Problem, of which he is Canadian Secretary, when in the colleges and the Canadian Temperance Federation in his non-collegiate appointments.

In his specialized service in the universities, since January 1, he has had return appointments of one or more days each, with faculty conferences, lectures, and group discussions at Carleton College, Ottawa, McGill University and Sir George Williams College, eight lectures, in Montreal; a session with leaders at the University of Toronto setting up a later Seminar with high scientific experts as speakers, for the various colleges of the University and under the auspices of the Student Christian movement of U. T.

Returning to the western provinces in mid-winter, he visited and developed similar activities at the United College and Provincial Teachers College in Winnipeg; the University of Saskatchewan at Saskatoon, and Regina College at Regina; the University of Alberta and Alberta College; and the University of British Columbia, Victoria College, two normal colleges and the Department of Education of B. C., in Vancouver.

Under the chairmanship of Mr. Linton, a three-day

institute at Vancouver, expressed the high educational service already being done in that province and emphasized the need of much more to meet the situation of today.

Returning by way of Salt Lake City, Mr. Linton was heartily welcomed at the University of Utah, where he reported on the new educational approach and the general situation in Canada. He visited the Department of Education with its special work on the problem, lectured in class on Education and Alcohol at the University, met the Executive Committee of the Alcohol Foundation, studied the new rehabilitation center, and addressed a dinner meeting of church, college and state leaders. His address was tape-recorded for use throughout the State.

A MEDICINE — OR WHAT ?

(Continued from page 220)

Johnson's conversation than from drinking wine. And Boswell liked wine!

It is well known that alcohol slows down muscular reactions; dulls the senses; dims the judgement; and lowers the moral standards so that we say and do things we should be ashamed to say or do if we had not been drinking.

This is serious enough, to anyone who cares to be always at his best. Yet if this were all, we could perhaps excuse those who wish to use it. For who does not enjoy conviviality with friends? But alcohol does other more harmful things.

It prevents our curing the ills for which we take it. If we are not properly nourished, we need to change our eating habits; but if alcohol stimulates the appetite we will probably continue the wrong habits until health is seriously impaired.

If we feel inferior in social gatherings, we need to increase our knowledge, and form the habits that put us at ease in company. But if alcohol seems to make the evening enjoyable, we will probably continue to be stupid

and awkward, without taking the trouble to learn better social habits. Why study to be charming, when a drink makes you feel charming? Why practice the habits that make us agreeable, when a drink makes us think that we are agreeable?

But alcohol does more than lull us into complacency about our ignorance and awkwardness. It makes it more difficult for us to learn. The few drinks that make us feel smart and witty and charming make it hard for us to increase our knowledge, our wit, and our charm. Drink may seem to achieve the desired results without effort; but the man who takes a drink to cure his inferiority complex only proves to himself and to others that he really is inferior—and when he is sober he realizes this only too well.

Results even more serious may follow. Alcohol is not only a pain-reliever, like aspirin, but it is a narcotic, like opium. Drinking alcohol creates a desire for alcohol. After a person has been drinking for a time he may find that drink has become a necessity. He is miserable without it. He must have a drink to help him work; he cannot enjoy rest without alcohol; he cannot be at ease in a social gathering without drink.

He has become a "compulsive drinker." Four million men and women in America today are in the grip of this habit. They **must** drink. They are not their own masters. They are slaves to alcohol. They took the wrong medicine. Instead of curing their trouble, it has given them a worse disease, which is degrading their personality and making them miserable.

There is yet another step downward, and they are in danger of taking that step. They may become alcoholics. An alcoholic is a human being seriously sick by using alcohol. He is so sick that he cannot lead a normal life. His usefulness in industry or business or a profession is impaired, and often destroyed.

Three quarters of a million American men and women—750,000 persons are in the state today. They are experiencing the truth about alcohol which the author of Pro-

verbs wrote long ago—"At the last it bites like a serpent and stings like an adder."

Sick persons appeal to us Americans. When there are thirty-three thousand cases of polio in a year, and more than sixteen hundred persons die of that disease, we gladly give thirty million dollars to relieve the sufferers and try to find a cure.

Yet 4,000,000 Americans are compulsive drinkers; and many of them will soon join the 750,000 confirmed alcoholics. From among these alcoholics 30,000 drunkards will die this year!

What can be done for them? Apparently not a great deal. They will not listen to physicians and scientists who tell them that alcohol is a dangerous drug. They insist on their "personal liberty" and resist any effort to take from them their "medicine." They follow the suggestions of skillfully-written advertisements which tell them that drinking is a means of happiness and a mark of distinction.

Yet those who love their fellow-men and have regard for the welfare and progress of our country will continue their efforts to save as many as will hear and heed.

REDUCING DRINK PRESTIGE

In India

The Government of India has issued a number of regulations aimed at eliminating liquor from public life. There is to be

"No alcoholic drink served at state functions,

"No liquor advertisements accepted in India owned newspapers.

"Elimination of all drinking scenes from motion pictures.

"No serving of liquor on all dining cars of trains and in refreshment rooms of the railways.

"Diplomatic representatives abroad are to substitute fruit-juices for cocktails at all official functions.

"Provincial co-operation and constructive policies of state prohibition.

"No person who carries on trade in liquor or is addicted to drink shall be eligible for election as a Congress delegate."

—International Press Bulletin, 1.2.53.

THE INTERCOLLEGIATE SCHOOLS

(Continued from page 216)

I—BASIC INFORMATION

- "The Physiological Background"
- "Effects of Alcohol on Mind and Body"
- "Drinking in Different Cultures"
- "Motives for the Use of Alcohol."

II—THE PROBLEM TODAY

- "The Over-all Human Question of Drink"
- "What IS Alcoholism?"
- "Moderation and Abstinence as Ethical Principles"
- "Is Alcohol a Moral Question?"
- Problems of Alcohol in Modern Living; Highway Safety, Health, Home and Public Budgets, Crime, Public Control, etc.

III—EDUCATION AND PREVENTIVE SERVICE

- EDUCATION: Formal and Informal
- "Alcohol and Joe College"
- The New Leadership in North American Colleges and Universities
- Alcohol Education in the Educational Systems of Finland and Sweden

THE SEMINARS: Five days each

- The Problem and the Campus—students only
- Youth Problems and Counseling
- Community Education and Service
- Seeking an Effective Approach Today

SPECIAL SESSIONS

- An A. A. Session
- Students "Take Over" Night
- Student Panel: This School—and Student Life
- Adult Panel: Realistic Problems of Today

The daily program will include breakfast together at the college cafeteria, a fellowship period, two morning lectures, with discussion and questions following each, noon lunch together, four or more afternoon seminars of two hours each, two hours or more of recreation,

games, singing and spontaneous activities about the campus; then dinner together, and an evening lecture, or a "Students Take Over" or a panel session.

On the final day, Saturday, July 25, there will be a feature panel, organized by the students attending the School on a theme of their own choosing. This will be followed by the awarding of Intercollegiate School Certificates and the highest honor awards of 1952-53, in the Logan H. Roberts' Editorial Contests on "Social Drinking: What Do You Think?" and a final address just before adjournment.

Lecturers, Seminar Leaders, Executives

Among the speakers the seminar and student leaders, are the following:

Robert David Alkire, student, Ohio State University '54 and Student Secretary, the Intercollegiate Association; college leader in dramatics and entertainment; member three previous Intercollegiate Schools; summer conference instructor church youth groups.

Robert G. Beard, Miami University, '54, Oxford, Ohio; attended Intercollegiate School of 1952 at the University of Toronto.

Supervisor Howard E. Hamlin, Health and Narcotics, Ohio State Department of Education and Simmons College, Boston, Mass., author of *Alcohol Talks to Youth*, *Alcohol Talks from the Laboratory*. Fellow, First Yale School of Alcohol Studies.

Dr. Gordon Henley, recent Staff Psychologist, Ontario Reformatory, Guelph; psychologist and co-organizer, Brown Memorial Clinic (penal) Mimico, Ont.; masters degree, University of Toronto; Yale School of Alcohol Studies, '51.

Dr. J. Gordon Howard, President, Otterbein College, Westerville, Ohio, former Editor of Church School Publications and Director of Youth Activities.

Dr. Albion Roy King, Cornell College, Mt. Vernon, Iowa; Head of the Department of Philosophy; author of *The Psychology of Drunkenness*; intercollegiate and institute speaker on the Alcohol Problem. Fellow, First Yale School of Alcohol Studies.

Stanley F. Knock, Jr., Nashville, Tenn.; graduate, Yale Divinity School, '51; Yale School of Alcohol Studies, '50; Scarritt College; Chairman, Intercollegiate Schools at Otterbein, Cornell and University of Toronto; Supervisor of Radio and Television of the Methodist Church.

Rev. John Linton, M. A., Acadia University, Wolfville, Nova Scotia. Secretary in Canada of the Intercollegiate Association; lecturer and conference leader in three across-Canada university and college tours; member Yale School of Alcohol Studies; leading a new movement in higher education on the Alcohol Problem.

Edwin H. Maynard, Chicago, Ill.; on the Editorial Staff of *The Christian Advocate*; Cornell College; student, Medill School of Journalism;

Secretary, The Intercollegiate Association and former field secretary.

Prof. Howard G. McClain, Columbia S. C.; Vanderbilt University and Southern Theological Seminary; professor in Sociology, three years, Furman University; director Christian Social Action Council of South Carolina.

Barbara Ann McNutt, student Mount Allison University, Sackville, New Brunswick; member Intercollegiate School of Alcohol Studies, '52 at the University of Toronto.

Dr. Carl A. Nissen, Professor of Sociology, Ohio State University; lecturer, three sessions, Pennsylvania School of Alcohol Studies; active in Columbus and Ohio community welfare.

Rev. Martti Voipio, Helsinki, Finland; graduate, University of Helsinki; attended Elizabeth University, Hungary, and Luther Academy, Sonderhausen, Germany; Summer School of Alcohol Problems, Oland, Sweden; lecturer, on Alcohol, Psychology and Education, Jyväskylä University; secretary, Temperance Lecture Bureau of Finland; Assistant Editor, "Alkoholikysymys,"; Yale Divinity School, '53; Yale School of Alcohol Studies, '53.

Dr. Harry S. Warner, General Secretary, The Intercollegiate Association; editor, the *International Student*; former conference leader and speaker in 180 American and 36 European colleges and universities in 20 countries; co-organizer, World Student Federation Against Alcoholism and International Secretary; author, *Social Welfare and the Liquor Problem, The Liquor Cult and Its Culture* and fifteen "New Understanding Monographs." Fellow First Yale School of Alcohol Studies, Lecturer, Second and Third.

BASIS OF THE SCHOOL

In full harmony with the recent trend in the universities and colleges, that are now leading in education on the Alcohol Problem, this **new-type** of Intercollegiate School has been organized, largely for college students. It seeks to make possible UNITED THINKING by students, their counselors, and other teachers, for a WEEK TOGETHER, gaining understanding, and working out approaches that can be effective toward constructive action today.

This it seeks to do, with the resources and inspiration made available through the lectures and personalities of well known scientists and educational leaders on the problem—in daily contact, class-continued instruction, discussion groups, seminars and opportunity for personal consultation.

In the world situation of today, the problem of alcoholism and alcohol are becoming more and more acute—

especially in recent years. The "Human Factor," HUMAN PERSONALITY, always basic to existence and progress, is more so now than ever before in history. Every person faces greater demands, to be in condition to function at his best.

For all who are living today must meet, in supreme test, the mechanisms and passionate drives of war and economic survival, created by the ingenious use—or mis-use—of scientific knowledge itself.

In this life-or-death struggle, all of us should seek to be at our best. But how can modern men and culture be at their best while as many—or more—are casualties of Alcoholism as of War itself?

Therefore, to study and use constructively—scientific information for the relief and prevention of alcoholism, is not less vital to the immediate future of our generation than to learn how to use atomic energy to supply human needs rather than to bomb great cities.

Objectives

To gain a scientific understanding of the Problems of Beverage Alcohol in Modern Life.

To seek and discover an objective basis from which to make intelligent decisions as to personal and social attitudes.

To develop thinking and education toward constructive service.

To advance the ideal of a Normal, Healthful Life, free from dependence on Alcohol, as a scientific and realistic objective.

To open opportunities for service toward solution.

No individual is born to be an alcoholic or to go to Reno or to land in Alcatraz. In most cases of individual failure, some one or more of the social institutions—family, education, religion, economics, government, general community conditions—have failed to meet the needs of the individual at one or more important forkings of the road —Dr. LEE BROOKS, Sociology, University of North Carolina, at the 1952 N. C. Summer Studies on Facts About Alcohol held at Chapel Hill

Alcoholism: What Is It?

Compared with Polio

ASK TWENTY PEOPLE for a definition of alcoholism, and you will probably get as many different answers. We cannot intelligently discuss any problem until we have gotten our definitions clear. Much of our difficulty in discussing alcoholism, or alcohol problems, has been our failure to establish basic concepts essential for understanding.

Alcoholism—Defined

When we hear the word alcoholism, we are inclined to get a mental image of a dirty, disheveled, racked wreck of humanity, moving pitifully through the filth and squalor of skid row. True, these people may be alcoholic but they comprise no more than about 20 percent of our alcoholism. We might call them "First Avenue Alcoholics." But the other 80 percent we can think of as "Fifth Avenue Alcoholics," for they have not run the gamut of isolation, which ultimately brings a person to skid road. They are still holding jobs, their families are intact, and social contact has not been broken.

When we look about us and see people who are doing a great deal of drinking, or perhaps, who are intoxicated a great deal of the time, we are inclined to say, they are alcoholic. What is the basis of our judgement? The amount of drinking the person is doing. However, if you get up in the morning and are not feeling very well, you call the doctor. It is possible that you could be suffering from any one of a thousand or fifteen-hundred different diseases, ailments or illness. But—in a few moments the doctor tells you which one. How does he do it? He does it on the basis of **medical symptoms**. If you have

Condensed slightly from the Alcohol Information Bulletin, Rehabilitation Division, Washington Temperance Association, January, 1953. The executives of this organization, Floyd D. Carrier and H. H. Hill, have been members of the Yale School of Alcohol Studies and are in close touch with late scientific developments.

the specific symptoms of typhoid fever, it is completely obvious that you are not suffering from measles, small-pox or pneumonia.

If medical science can establish a fixed criteria for judging other health problems, why should we have to speculate and guess about alcoholism? The truth is, we don't have to. The medical symptomatology of alcoholism is as clearly defined as it is for other health problems. What we are saying is this—medical estimates of alcoholism are not based on idle, speculative theory, but upon the keenest medical analysis of the problem.

An alcoholic is an individual who manifests the specific medical symptoms of alcoholism.

A DIGEST OF BASIC INFORMATION

II

THE PROBLEM OF ALCOHOL

(Continued from page 218)

mobile accidents is reported as having been drinking. In Manitoba in 1951, 92 people were killed in traffic accidents and in about 20% of the cases the driver was intoxicated or his driving ability was impaired by liquor. "Driving while drunk" heads the list of reasons for the suspension of driver's permits in this Province. It is now recognized that the drinking driver is as great a menace on the highways as is the drunken driver and the Criminal Code of Canada has been amended to include those whose driving has been impaired as well as those who are intoxicated.

The Problem of Family Life

The extent to which alcohol affects family life is difficult to measure. Often drinking is associated with personality factors which may be responsible for broken or unhappy homes. Drinking may be a resultant rather than a casual factor of incompatibility. Nevertheless, excessive drinking by one or both parents creates a poor home environment, a drain on resources needed for food, clothing, housing and education. Separation and divorce

rate are considerably higher for married people who drink excessively than for the population as a whole. Although drinking is not the only cause of broken homes it is a real source of trouble.

The Problem of Crime

It is difficult to measure the extent to which liquor contributes to crime. Crimes committed during intoxication generally lack deliberation and intent although criminals may use drunkenness as a plea for leniency. There is little doubt that murders committed during intoxication are directly attributable to the use of alcohol. Alcohol reduces self-control, impairs judgment and frequently releases aggressive tendencies. Generally however drunkenness is a more significant factor in a variety of minor crimes than it is in those of major importance.

The Problem of Health

In the past health teaching has commonly stressed the effects of alcohol on the body. It is now known that the concentrations reached, even when alcohol is consumed in rather large quantities, are not great enough to damage body tissue. There is little evidence that moderate drinking harms the body. However, heavy drinkers frequently suffer from nutritional diseases and stomach irritations. Such drinking takes away hunger and interferes with the adequate use of foods needed in good health. Nutritional disorders resulting are now known to cause certain nervous diseases. Continued heavy use may lead to serious health problems. Contrary to popular conception, there is no foundation whatever to believe that alcohol is good for one's health except in certain cases when recommended by a physician.

The Problem of Alcoholism

From the standpoint of health, alcoholism is the most serious problem related to alcohol. About 1 out of 17 people who use alcohol becomes an excessive drinker and faces the risk of becoming an alcoholic. The exact cause of alcoholism is not known. Alcoholics are regarded as sick people. They are found in all occupations and social classes. For them drinking constitutes a progressive disease which, unless arrested, sooner or later leads to

insanity or death. It is estimated that there are 4,000,000 excessive drinkers in the United States, of whom probably 750,000 are chronic alcoholics.

The Problem of Industry

Drinking affects industry in two ways, absenteeism and loss of efficiency when under its influence. The worker is affected by loss of pay and greater exposure of himself and others to danger. Dr. E. M. Jellinek of Yale has estimated that industry in the United States loses annually 30,000,000 man-working days because of alcohol; also that 1,370,000 workers who drink too much cause 390,000 injuries and 4,000 deaths each year because of their drinking. Drinking on and off work, creates one of the most serious and persistent safety problems that large industries have to face.

The Problem of Recreation

Because of shorter hours of work in modern society the average individual is confronted with more and more leisure time. Whether this has contributed to a greater use of alcohol is difficult to prove. There is, however, conclusive evidence that drunkenness and accidents increase during weekends and holidays when more people are off work. The wholesome use of leisure time is a problem for those who have not acquired satisfactory vocational interests. The answer is to substitute various forms of recreation in place of alcohol, which, in itself, has no re-creative value. This problem is most significant to young people because they are in the process of forming attitudes and acquiring interests relative to the use of leisure time.

In another sense, there is the question of athletic skill and the use of alcohol. There is no evidence to indicate that alcohol contributes anything of value to athletic competence. On the contrary there is the testimony of many athletes that abstinence is the safest policy for success in sports.

The Problem of Morals

The approach of this manual is based on the assumption that the moral problems related to alcohol arise from the consequences of drinking rather than the act of drink-

ing. As such, it in no way attempts to undermine the viewpoint of those who regard drinking as immoral. Moral problems are created by the behavior of the individual as a consequence of drinking. To many people the behavior of an intoxicated person is offensive and disgusting. Neglect of family, use of abusive language, fighting, aggressiveness, injury to others, various forms exhibitionism and so forth, frequently result from the use of liquor. Moral issues arise when an individual asserts a right to drink without regard to the consequences to others.

The Problem of Control

Control of the use of alcohol presents many complex problems. Among these is the fact that its use is a long-standing custom which has become integrated into the folkways of many cultures. Alcohol can be prepared privately without much difficulty. The difficulty of control has been aggravated by the problem of defining intoxication in a manner suitable for medico—legal purposes. It is a difficult and challenging problem to design (and enforce) those measures of control over alcoholic beverages which will function most effectively in modern society.

The Problem of Moderation

Moderation as a solution of the results of excessive drinking is an extremely vague term when applied to the use of alcoholic beverages. It cannot be defined in terms of amount consumed since the same consumption under different conditions does not have the same effect on all individuals, nor does the same amount consumed by some individuals under different circumstances have the same effect on that individual. It cannot be defined in terms of expenditures since all people cannot equally afford to spend the same proportion of their income on alcohol. What would be the moderation in the amount consumed or on in amount expended by one individual might be excess to another. The most serious aspect of moderation is that too often alcoholic beverages used in small amounts lead to excess. The potential alcoholic is in danger the moment he takes his first drink and, to date,

there is no means of predicting which of those who start drinking will be come alcoholics.

The Problem of Education

How to develop a sound educational approach to alcohol problems is in itself a problem. Alcohol education is concerned with the development of a program based on known facts, not on half-truths. It requires preparation of instructional materials, co-operation of community forces and the professional training of teachers. Knowledge alone is not enough. Most teachers and parents are aware that behaviour is not always based on knowledge or logic. Most excessive drinkers do not lack knowledge of the consequences, nor do they apply reason or logic to their behavior. The problem, therefore, involves far more than the presentation of facts, competence in the art of teaching, and effective teaching aids. Its success depends on the teacher's willingness to inquire into and understand the motivating forces in human behavior which lead an individual to the use of liquor. Alcohol education is essentially a mental hygiene problem.

Parental attitudes relative to drinking habits have *greater power among the youth* of America than the *influence of teachers or the church*, so states Dr. Robert Straus, who, in cooperation with Dr. Selden D. Bacon, Director of Yale's Center of Alcohol Studies, has recently conducted a survey covering 17,000 students in 27 colleges and universities. The survey reveals that 80% of the men and 65% of the women who drink while in college began drinking before entering college. Of those who had drinking parents, 90% of the men and 83% of the women are themselves users of beverage alcohol. Dr. Straus says: "The probability that a young person will drink at all, is closely related to the practices of his or her parents."

THIS EVIL is a well-interwoven part of the major problems of today. It can be dealt with, properly, only by men and women who are honest, sincere, and without fear of anyone except God. For most people are a part of what Canon Bell aptly calls, "Crowd Culture," and there are diverse ways of forcing them to conform—and to drink—and shut their eyes.

—DR. C.F. BREHMER

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"CAN EDUCATION SOLVE the ALCOHOL PROBLEM?"

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Mid-Summer — July 19-25, 1953

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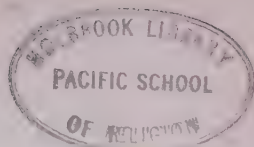
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THE
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STUDENT

-- And Digest of Alcohol Studies

In This Number - -

College Students Write —

**"SOCIAL DRINKING: What Do
You Think?"**

**The Highest Honor Editorials
in the Awards of 1953.**

Wartburg College, Waverly, Iowa
(See Page 19)



"Democracy
is something
deeper than
Liberty: it is

v. 51
1953/54

THE INTERNATIONAL STUDENT

October, 1953

Vol. 51, No. 1

HARRY S. WARNER, *Editor*

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DO THEY THINK? — AND WHEN?

AN INQUIRING Reporter, cross-quizzing a college campus and asking, offhand: "Social Drinking: What Do You Think of It?" might gain an impression that there is little or no thinking, at all, today—just tacit acceptance of the custom, whatever the practice of the individual and the answer he might give.

Yet, back of many of these reactions, the reporter would detect also a questioning of some sort.

For given the occasion to do independent thinking, some reason for studying Alcoholism and the Drinking Tradition as real problems, serious and tragic as they are coming to be, and just as they study other great social problems that confront them and their near future, students begin to do real thinking; they seek more knowledge; want the best scientific information available to aid in making personal decisions and as preparation for service in the future.

This, perhaps, is the most vital observation that may be made regarding the 676 papers submitted by students representing 62 Colleges and universities of the United States and Canada represented in the Robert's Editorial writing contests of 1952-53. For top-flight judges, contest secretaries and executive officers of the Intercollegiate Association, who read the papers, agree that they show more evidence of careful study—and teaching by faculty members—than in previous years. While conclusions vary and view-points differ, some of them strongly so, the indications of mature, responsible thinking, are really increasing. This is basic progress.

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Calculating The Risk

By JOHN H. MARTIN, '56

Bradley University, Peoria, Ill.

WHICH PLAYS the most important part in a person's personality, hereditary or environmental influence? Does man have an ordinary circumstance or a biological cause for this problem?

My parents, ministers by vocation, have always looked upon liquor with disapproval and disgust. In going through high school my views on the subject changed to some extent from that of my home. Although I do not condone social drinking, my ideas on the subject are not as radical as those of my mother and father.

Some of my friends in high school drank. Some drank excessively at times. This was not because they liked the taste or felt a need for liquor, but because they thought it was the thing to do. It relaxed their minds and gave them freedom from their inhibitions. Being relaxed in mind and body is a prime factor in true enjoyment. However, the need for alcohol to release tension is indicative of poor character and physical weakness.

This brings up the problem of the social drinker, the person who drinks because the people he is with are drinking. The university I attend is located in a beer town in a state whose liquor consumption was ranked tenth in the nation last year. The consumption of beer, the social drinker's drink, is steadily on the increase. Despite the statements made to the public by the ex-governor of our state with regard to the serving of liquor to minors, the police do not enforce the laws. As most tavern keepers are in business to make money, my friends in high school and college have little trouble getting served. Some of them have been wanted by the Federal Bureau of Investigation for having forged draft cards. The need to break the law, whether it is enforced or not, is one strike against social drinking. This view is held by some people in my social sphere.

The amount of leisure time an individual has often dictates whether he will drink or not. While attending

high school I dated rather frequently. After going to a movie or a dance, it was customary to find a restaurant to get something to eat. As I got older, the meeting place gradually changed from a restaurant to a tavern or roadhouse. This change was not conducive to total abstinence. My parents asked why I went to taverns. The answer was simple: there was no other place to go where people of our degree of maturity could have a good time without spending an excess of money. This may sound hard to believe to a person who is not very close to the problem; yet a tavern in a 'wide open town' is the logical place to congregate, eat and have a social drink. This drinking does not constitute, in the majority of cases, a means of emotional escape. It does provide a stimulus or a catalyst for companionship and a good time.

The question may be asked what effect social drinking has on the grades of college students. In a survey made in a large international university it was conclusively proven that the non drinker got higher grades than the social drinker. Grades of the frequent drinker were the lowest of the three groups considered.

Is alcohol dangerous to health? Alcohol, as the social drinker knows it, is not particularly harmful. It does, however, dull the reflexes and affects the ability of the person indulging to judge distance and speed. One out of every five automobile fatalities involves one who has been drinking. It is not particularly 'bad' to have a taste for liquor, but, if you need liquor, you are well on the way to becoming an alcoholic.

What is wrong with social drinking? In itself there is not much wrong; but who can draw the line between the amount of alcohol that can be safely consumed and the amount that will upset mental and physical processes? Who can say what moral and municipal laws will not be broken during or after drinking? Who can say that scholastic ratings are improved by drinking? Who, that drinks at all, can be positive that he will never become a chronic alcoholic? Who can say it is smart to drink? I can not. It involves a calculated risk with the odds against you.

Social Drinking Divorced From Moral Consideration

By JOHN W. SHERER, '54

University of Iowa, Iowa City, Iowa

THERE IS A GROWING tendency to remove the public and private use of alcoholic beverages from the area of moral controversy.

In recent years we have been witnessing the formidable combination of doctor and psychologist, public relations expert and advertiser, social scientist and social research writer, with their testimony to the effect that excessive drinking is an emotional illness, indicating that the individual has been isolated from normal human association and thereby is becoming "depersonalized."

Consequently, the public is called upon to distinguish between the disease, "alcoholism," and harmless, moderate "social drinking." As a result of this sharp dichotomy, the public is seeing only the black and the "white," and not the broad belt of gray in between.

A second factor—and probably the one chiefly responsible for the moral neutralization of social drinking—is the phenomenon which stresses the fact in a time of strain, tension, and international upheaval, that drinking serves as a convenient and speedy sedative for frayed nerves.

Therefore, if widespread disuse of alcoholic beverages is to be achieved, the tempo, the complexity, the fast pace of modern urban life must somehow be reduced and simplified. Which, it is reasoned, is obviously a gargantuan task beyond the scope of individual and group.

Such is the emphasis of the modern realist, sometimes designated by the term, "pragmatist." The pragmatists have been striving to free man from religious dogmatism, superstition, mythology, and all the other traditional inhibitions.

Through scientific experimentation and research man is being taught to stand on his own feet and adjust to a complex, changing world of imponderable giants.

Unfortunately, however, these modern realists, in freeing man from his past, are making him a prisoner of the future! A careful understanding of this seemingly anomalous paradox reveals how the public has been shielded from the gray between the black of alcoholism and the white of "harmless" social drinking.

The first part of this understanding is the realization that true religious experience frees man from the world in order that he may control the forces in it, which, after all, are only man-made in the final analysis. It is not simply a negative system of "thou shalt nots" as the realist too often makes out.

The modern realist, for the most part, lives in a world of constant change and flux, of only temporary and experimental knowledge. He does not see or is reluctant to visualize the other world which is above, but which at the same time permeates the world of change and everyday circumstance. It is the world of permanence, the "eternal" world, the source of man's security, of his timeless wisdom, of his optimism which makes possible a brighter future.

Consequently, because he does not see and feel the positive side to religion and morality—the fact that they embrace that higher reality which places past, present, and future on a continuum—the pragmatist does not go far enough in the direction of raising man "above the world."

His perspective is only to the extent of adjusting man to the existing conditions in any given situation. If social drinking is an accepted and integral part of this social situation, then man must learn to adjust himself properly, which means learning how to drink moderately and "gracefully."

The unfortunate aspect of this dictum is that too often the person has to first adjust himself to the drink before he can adjust to the situation. For—more frequently than not—drinking is the occasion or reason for the group's gathering, instead of being incidental to or a phase of the occasion.

As an aftermath of this experiment in social adjustment, frequently the individual crawls out of bed with something more than a throbbing head. Perhaps more

unconsciously than consciously, he also has a gnawing sense that his future is being carved out for him.

For when it became necessary for him to drink in order to win acceptance into the group, in order to feel up to the occasion, he was giving up his right and the freedom in which to feel wanted by the group for the "person" he is and not for the "drinker" he is to become. He gave up his right to be a whole person; he became a part of the group, but the group did not become a part of him.

It became his whole life. It became his whole future. There was left no room for a personal life, a moral life, a spiritual life. This explains the divorce of morality from social drinking, but it does not justify it.

Must We Conform?

By DAVID HENRY GESKE, '53

Wartburg College, Waverly, Iowa

MUST WE CONFORM to the social drinking demands of our twentieth-century culture? Must we meekly sip our cider and like it? Let us evaluate the "accepted thing," the socially proper drinking customs of our day. Are these customs an essential part of gracious living, a living that is both full-valued and healthful?

Social drinking is an important problem. We cannot argue with facts that show us that the first drinking experience of most individuals is the result of some type of social influence. Among the new prisoners admitted to a western United States penitentiary, 62.2% who were drinkers charged some form of social pressure as responsible for their introduction to the drinking habit.

Perhaps the genteel man of distinction will argue that his evening cocktail does not disturb his health. Perhaps not, but what of the example he sets? Our young sprouts will still have their twigs bent. It is the vicious twig-bending environment of social drinking that gnaws at the foundation of family life. Certainly physiological effects of mild drinking may become severe, but the long range problem is that of the ever present invitation and pres-

sure to join the liquor cult. Family influence shapes the childhood. Father may be only a social drinker, but Junior may easily be started on the road to drunkenness. Is then the social drinking of our time a healthy part of wholesome living?

Let's not play ostrich. Social drinking is truly social. Ours is a culture thoroughly ingrained with drinking customs. The centuries have been filled from Grecian festival to modern beer busts with drinking occasions. Collegiate drinkers have a particularly rich background in medieval German universities. Modern society has evolved the cocktail bar and the off-sale liquor store for convenient purchase of domestic alcohol. The liquor industries have been quick to see the impact of fashion on drinking. We not only have fashionable drinks, but we have fashionable glasses to drink them from, fashionable dresses to wear for the occasion and certainly proper customs to observe in the drinking process.

We have become a culture reeking of alcohol. Our movies, our magazines and our newspapers blatantly sound the clarion call to make America liquor conscious. All point the way to peace and happiness along a road slippery with ethyl alcohol.

How can we meet the problem of social drinking? Can we do otherwise than conform? Like any other constructive program we must start at home. Can't we be gracious hosts without the perennial bottle? Let our children be reared in an atmosphere of love and security, away from the cocktail shaker and the morning-after hangover. Later, as teen-agers, they too will recognize the value of their past training in the home.

Let us by act and example show at social gatherings that we can be good fellows without being half-polluted. Principles can mean more than social pressure. They are principles that can be best expressed by examples.

The question is not, do we dare to be nonconformist in a world of social drinkers, a world where social drinking is woven into the nature of our culture and is being woven deeper. No, the question is, can we afford not to be different?

Social Stagnation

By JANICE CLODFELTER

Lenoir Rhyne College, Hickory, N. C

WE AMERICANS are great socializers! As a crowd we enjoy a movie, yell enthusiastically at a football game, cheer a parade, or whirl across a packed dance floor. Our watchword is "Keep with the crowd and you're okay!"

Perhaps this phenomenon of our culture explains why social drinking ranks high on our hit parade of "what to do next." The fact that only 35,000,000 of us over fifteen do not join the crowd of 65,000,000 who do drink alcoholic beverages proves it is more than stylish to imbibe.

Many deny that social drinking presents a problem. "What's wrong," they say, "with being a man or woman 'of distinction'?" What's wrong with entertaining in your own home by serving alcoholic beverages? They help the group to be gay and sociable. A few cocktails or highballs with your party merely liven things up!" Therefore, social drinking has become almost as much a part of our culture as the television set.

Yet, like Shakespeare, when hearing such rationalizations, "methinks the lady (or gentleman) doth protest too much!" For, accepted or not, social drinking **does** create problems just as problems create social drinking.

Did you ever stop to wonder why we Americans are so prone to socialize over a glass of something sparkling? Perhaps the reason we seek such satisfaction in a group is that we are dissatisfied as individuals. If one cannot relax, be at ease, and have a good time in a crowd without the boost of some form of alcohol the indication is that one is not at ease with himself. Tensions of a racing culture, always battling against time and competition, demand relaxation of some kind. Alcohol fills, at least temporarily, the need. So, as I have said, problems create social drinking.

But does that mean that social drinking creates problems? Not necessarily. Not unless one again looks at the facts. Social drinking is generally accepted as implying

the consumption of merely one or two mixed drinks shared with friends at a party or gathering. Still, how often does the social drinker exceed his "limit" and become for the moment anti-social? Some people simply do not or cannot stop with one or two, and eventually succeed in becoming the good Joe who is the life of the party, and in a few hours more the death on the highway. Providing easily available alcohol for such a person is like placing a speed limit of sixty miles an hour in driving and then manufacturing cars which will travel one hundred miles an hour.

A psychiatrist in a mental health institution which also treats alcoholics has stated that three-fourths of all alcoholism begins with social drinking of some type. Social drinking may, therefore, become the poison bottle placed within reach of a child.

The sad fact is that children actually are involved in the problem. In a recent survey by the Purdue Opinion Panel among 10,000 high school students, 1 out of 3 did drink alcoholic beverages. The cultivation of such a habit, fitting easily into our cultural pattern, if it incurred nothing more harmful would deprive these young people of time which could be spent in a more constructive manner. In a land where recreation is rapidly replacing creation in the minds of her people, social drinking is one more form of dulling thought.

The attitude of most people is that social drinking in moderation is not wrong. Ethics in connection to the question have become exceedingly modernized, often cunningly avoided. Relatively few people hesitate to partake of alcohol because of their religious beliefs. Perhaps the trouble is here—few people **have** beliefs, except as the crowd thinks.

We Americans are great socializers; but a social custom which degenerates personality obviously needs change. As social drinking frequently replaces social thinking in our culture, it becomes a bad seed which either prevents growth or produces malformed specimens. It becomes a seed from which we may reap stagnation.

Do We Dare

By DONNA DOERING, '53

Nebraska Wesleyan University, Lincoln, Nebr.

A BREWER ONCE SAID, "Young men and women who grew up under prohibition, not knowing the virtues of beer, have to be re-educated. They are gadding about the country spending good money in automobile travel. Coffee, tea, soft drinks, ice cream, and milk, take beer money." One thoughtless statement such as this helps us to realize that the alcohol question today is not just idle talk by idle people, but a real problem that needs a definite and far-reaching solution.

Alcoholic temptations come at a time in life when strong new emotions are asserting themselves; when the spirit of adventure is keenest and the desire to try anything once is most natural. Consequently, youth at this stage is ready to explore the experiences of intoxication, mild or heavy, without regard to life habits or later consequences.

Now, perfectly all right, alcohol is rated harmless and drinking has become too general to be adventurous. Not only at a certain time may one drink, but at a certain time one should drink. The drinks and the styles of drinking approved by fashion, are publicized and promoted in newspaper, radio, magazine and billboard advertising. The desire to be "in fashion," and to keep up with others, is especially strong among the masses accustomed to look for leadership to those who have the prominence, power, and wealth that they crave.

The liquor problem has long been underestimated, its strength, the roots of its strength; its spread, its hold in social tradition is in the mores of the masses and the customs of the classes. Understanding of it has been one-sided; sometimes symptoms have been doctored and sources overlooked. Street drunks are sent to jail, instead of the hospital; saloons are banished and return as taverns. As intelligent young men and women of today it is our right not only to demand a solution to this problem, but dare to seek the sources and do our level best to correct them.

First and foremost we need an educational approach that keeps healthful, natural living to the front as the best that life has to offer, and regards artificial short-cut satisfactions as unnatural and unhealthy. Real satisfaction comes through overcoming and not evading the realities of daily life. The alcohol question is both controversial and emotional. Wherever the emotional factor is allowed to creep in strongly, it obscures facts and makes objective interpretation and understanding difficult. Therefore to be sound an educational program must be honest. It must speak the language of teen-agers, and answer their questions. Positiveness is essential. Alcohol education must offer something to young people, not merely attack and denounce.

Second—We should recognize the alcoholic as a sick man needing treatment and not as a criminal. The examination of our social customs and community attitudes as occasions and sources of the alcohol problem and its victims will also be necessary.

Third—We must understand and de-bunk the prestige of the socially elite, and the economically powerful who extol as a special privilege, without examination of its influence, the drink traditions of the past.

Finally—We must expose realistically the day-by-day advertising that is used so freely as a technique in the creating of new, and the development of moderate drinkers, many of whom eventually become "the alcoholic sick."

The solving of this vital problem may be compared to a child learning to walk. The first steps will be slow and uncertain. Although, they may be the hardest, they will lay the foundation for any further advances we may make. As in walking, only through determination and perseverance may we obtain our goal. But oh, how much easier it will become as time goes on.

The very fact that we recognize alcohol as a problem may be called the first advance in a series of many which will follow before any definite solution is reached.

DO WE DARE OVERLOOK A PROBLEM WITH THESE IMMENSE PROPORTIONS AND FAR-REACHING CONSEQUENCES?

Some Aspects Of Social Drinking

By BARRIE DEUEBER, '53

University of Toronto, Toronto, Ontario

SOCIAL DRINKING plays a part in the lives of approximately two-thirds of the population of the United States and Canada. Alcohol addiction has ruined the lives of about 4,000,000 people in the United States and Canada and is a serious problem in industry, medicine, sociology and religion today.

Since almost every alcohol addict starts on the road of ruin with social drinking, we may well ask ourselves why social drinking is so common, what are its good and bad effects, and what is to be done about it.

The popularity of social drinking may be explained partly by the effects of alcohol itself and partly by the conditions under which alcohol is consumed.

Probably the most important effect of alcohol is its "stimulating" effect on most people. Psychologists tell us that actually, the stimulation is due to lowering of the inhibitions by a depressant effect of alcohol on the higher centres of the brain. Jellinek and his co-workers showed that most people in tension states have an increased level of a substance in their blood which is neutralized effectively by alcohol. Thus, levels of alcohol in the blood as encountered in social drinking reduce feelings of resentment, worry and fear, which also helps explain the stimulating effect of alcohol.

Other effects of alcohol are dilation of the blood vessels of the skin, causing a warm sensation, and also stimulation of gastric secretions, which increases the appetite for food.

The conditions under which alcohol is consumed are well known—night clubs, bars, clubs, cocktail parties, gatherings in the homes, etc.—and are generally pleasing.

Thus, we can see that for most people the combination of the pleasing effects of alcohol and the congenial conditions for consuming it, makes social drinking a very enjoyable custom.

The "good" effects of social drinking are then fairly obvious as far as the individual is concerned, although

morally and religiously, of course, there is little justification for it.

Since social drinking plays such an obvious role in alcohol addiction, we must closely examine its bad effects.

The chemical effects of alcohol resulting from social drinking are not significant. Permanent damage to the body such as cirrhosis of the liver and neuritis only result when large quantities of alcohol are consumed combined with a poor diet.

Temporary loss of mental and muscular function also requires higher levels of blood alcohol than are usually encountered in social drinking, and actually the only serious results of social drinking are psychological in origin.

As mentioned before, alcohol relieves tension states which are produced by resentment, worry and fear. Some people, who are emotionally immature, derive much more pleasure from this effect than others. They may start drinking alcohol any time, anywhere, not for the congenial conditions associated with social drinking, but rather for the effects of the alcohol itself. These people are called dependent drinkers and are one step further towards alcohol addiction than social drinkers, and unfortunately in most cases don't realize it.

Thus, we can state simply that social drinking is all right as long as it doesn't become dependent drinking, which is not all right.

What is there to be done about it? A simple solution would be to stop all drinking of alcohol. However, I believe that such a procedure would be impossible as was shown in the days of Prohibition. We must accept social drinking as an established custom and direct our efforts towards preventing alcohol addiction or at least treating it sensibly when it occurs.

Some people are so unbalanced mentally that alcohol addiction would only be a secondary problem, but I would like to mention two factors which would help prevent social drinkers from becoming alcohol addicts.

First of all, I think that people who are drinking alcohol should fully understand its chemical and psychological effects, and be able to recognize the warning signs of

dependent drinking. This could be achieved by lectures, demonstrations and motion pictures at schools, universities, offices, plants and churches, aiming especially at the younger people.

Secondly, I think that doctors, priests, clergymen and social workers should not only know how to recognize dependent drinking and further stages of alcoholism, but should also know how to approach alcoholics and what to do with them.

It is certainly evident today why alcoholism has been described as "the disease everyone hates but no one understands."

In conclusion, I firmly believe that if the above measures had been vigorously applied for the preceding thirty or forty years, we could count our alcohol addicts in thousands and not in millions as we do today.

Social Drinking - A Coming Fad

By BARBARA BOWLDS

Pueblo College, Pueblo, Colorado

SINCE THE FIRST SAVAGE discovered the effects derived from the consumption of decayed and fermented fruits, alcohol has been a problem not only to the individual, but to society as well. In every economic level, social status, and geographic locality where moderate drinking is customarily practiced, it is done, not with a feeling of degradation, but rather with one of conformity. The new drinker may taste bitter guilt in his first drink, but the desire to gain social approval and the satisfaction he enjoys conforming to group practices eventually displace his feeling of disapproval. Social and moderate drinking are becoming a commonplace and accepted feature in the stereotype of American life. Unless the picture is changed, there will soon be no degrading attachment to alcohol whatsoever in the minds of the average citizens.

The previous generations realized that the swift surge of public acceptance would soon embrace the minds of the people unless steps were taken to deter the onslaught. With deep concern for the future of society, they launched

campaigns of propaganda through temperance and church groups. Even independent, foresighted individuals without group affiliation propagandized in the home, schools, and community. The people were aware of the problems and knew the pitfalls encountered in alcohol consumption. Why then, did the threat steadily thrive and find nourishment in those enlightened minds? Since the presence of faulty methods was and is clearly evident, skilled use of such knowledge can mean the creation and success of a new and better approach.

Prohibition in the United States was an outstanding indication of public concern and knowledge of the problem, but it was also living proof that legislation and man-made laws cannot sufficiently overpower and prevent the deep-seated will of an individual from seeking an outlet. Legislation meets complete success only when the individual finds its purpose worthy, and a part of his own belief. A strong guiding principle in life can only be successfully implanted in a young, receptive mind, as yet untainted with prejudice and inflexibility.

In the past, education of youth was utilized by well-meaning individuals, so firmly determined to sway the tide that their methods became radical and dull, thereby producing adverse effects which in turn increased the threat. Although the propaganda used by educators and campaigners was sincere, it eventually took the form of moralistic and opinionated evidence, rather than factual findings. Because of a feeling of desperation and a need for swift, sure results, the fear psychology and "don't approach" were used, resulting only in further glamourization of alcohol by offering a challenge and a promise of adventure. Although written and oral propaganda by these groups was liberally sown, the needy rejected it and the recipients were in no need of the information.

It sounds like a losing battle, but it isn't. The old techniques were the right ones, but the points of emphasis and the applications were wrong. No plan can possibly bring favorable results overnight; full realization of this fact will be beneficial to the success of such an undertaking.

Changing social approval, which is the basic step in the solution of the whole problem, must start in the schools.

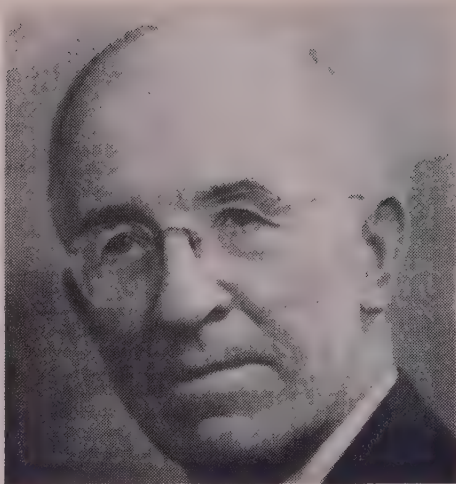
Of course education of the general public through every medium of communication must be continued since the chance of converting a few needy adults is worth the effort, and since an informed adult population will be one way to ease the tension that is bound to result between the adults and the younger generation. The schools should provide a program whereby well-trained unbiased instructors lead the students in a socialized course of study designed to arouse curiosity, attention, and interest by solving individual problems, and by educational projects.

If students could be visually acquainted with the effects of drink by film and by trips to institutions handling alcoholic cases, a great deal of practical understanding could be acquired. No textbook can ever create the disgust, humiliation, and embarrassment that is stimulated within the human soul when one sees, with shocking alarm, the feeble, piteous antics of a fellowman in a drunken state.

Although emphasis should be placed on education, the other segments of society have equally important roles to act as supports for the educational phase. Churches, women's organizations and other groups could provide diverting entertainment, recreation, and competitive sports for adventure-seeking young people.

Legal measures undoubtedly have their place in the solution, but with too much emphasis they merely provoke rebellion. Perhaps legislation designed to limit or prohibit clever psychological sales appeal in advertisements would be one method of diminishing the appealing glamour of alcohol while the educational forces were establishing a firm foothold. Legislation of this type, together with more rigid enforcement of contemporary alcohol laws, would be extremely vital to the project.

The moderate drinker who remains within the confines of his classification is a problem only to himself, but he ceases to be his own problem when he causes death on the highway, injury in the home and factory, and mostly when he becomes a ward of the public because he has slipped into hopeless alcoholism. Without doubt there is a problem, and the sum total of time and intelligent hard work is the solution,



Logan Hall Roberts

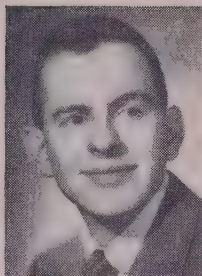
IN LASTING MEMORY of the vision of Logan H. Roberts in his college days, that matured, during the years, into permanent service for the encouragement of study, thinking and action by college students in the acute problems of beverage alcohol these awards are now given annually.

HIGHEST HONORS IN RECENT ANNUAL AWARDS

- 1947—"Outgrowing Alcoholic Culture," Franklin Parker, Berea College, Berea, Ky.
- 1948—"Applying Preventive Medicine to Alcoholism," John Waldman, New York University, N. Y.
- 1949—"Social Pressure and Campus Drinking," Harold E. Whipple, Ohio Wesleyan University, Delaware, Ohio.
- 1950—"Social Pressure Against Alcoholism," John W. Scheurman, State Teachers College, Kearney, Nebr.
- 1951—"Drinking: Personal or Social Responsibility," Walter W. Smith, Olivet Nazarene College, Kankakee, Ill.
- 1952—"Can Education Solve the Alcohol Problem?" Marilyn Johnson, State Teachers College, Kearney, Nebr.



Donna D. Hay



John W. Sherer



Donna Doering

Editorial Honors Awarded

CONTEST OF 1953

THEME: *"Social Drinking: What Do You Think?"*

FIRST AWARD—\$200.00

Donna D. Hay, Wartburg College, '56, Waverly, Iowa; home, Waverly, Ia. (1953-54 Iowa State College, Ames)

SECOND AND THIRD—A Tie—\$125.00 each

Donna Doering, Nebraska Wesleyan University, '53, Lincoln, Nebr.; home, Albion, Nebr.

John W. Sherer, State University of Iowa, '54, Iowa City; home, Hampton, Ia.

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Barbara Bowlds, Pueblo College, Pueblo, Colo.; home, Redondo, Calif.

Janice Clodfelter, Lenoir Rhyne College, '54, Hickory, N. C.; home, Statesville, N. C.

FIFTH AWARDS, 10—\$20.00 each

Barrie de Ueber, University of Toronto, '53, Toronto, Ont.; home, Toronto, Ont.

Beverly J. Coil, Otterbein College, '56, Westerville, Ohio; home, Jeffersonville, Ohio.

John H. Martin, Bradley University, '56, Peoria, Ill.; home, Peoria, Ill.

Lenore Sandfort, Nebraska Wesleyan University, '55, Lincoln, Nebr.; home, Humboldt, Nebr.

Rosemary Lucke, Nebraska Wesleyan University, '53, Lincoln, Nebr.; home, Lincoln, Nebr.

Patricia Riley, Cornell College, '54, Mt. Vernon, Ia.; home, Waterloo, Ia.

Jerry Haver, Wartburg College, '55, Waverly, Iowa; home, Omaha, Nebr.

David H. Geske, Wartburg College, '53, Waverly, Ia.: home, Melvin, Ia.
 Patricia J. Tarr, Cornell College, '54, Mt. Vernon, Ia.: home, Middletown, N. Y.
 Carmen T. Aloisi, Teachers College of Connecticut, '56, New Britain, Conn.; home, Waterbury, Conn.

HONORABLE MENTION AWARDS

Ron Bayes, Eastern Oregon College, '54, La Grande, Ore.: home, Milton-Freewater, Ore.
 Lowell R. Beck, Bradley University, '56, Peoria, Ill.: home, Peoria, Ill.
 Mavis Berry, Western Michigan College of Education, '56, Kalamazoo, Mich.; home, Caro, Michigan.
 Lois Christensen, Nebraska Wesleyan University, '53, Lincoln, Nebr.: home, Roseland, Nebr.
 David Findlay Dudas, Friends University, '56, Wichita, Kans.; home, Wichita, Kans.
 Patricia Dyson, University of Idaho, '54, Moscow, Idaho: home, Boise, Idaho.
 Mary Lou Gordon, Lenoir Rhyne College, '54, Hickory, N. C.; home, Murphy, N. C.
 Sandra Gustafson, Teachers College of Connecticut, '55, New Britain, Conn.: home, New Britain, Conn.
 Roger Hutchings, Nebraska Wesleyan University, '56, Lincoln, Nebr.: home, Allen, Nebr.
 Clarence W. Kelso, Jr., Nebraska Wesleyan University, '55, Lincoln, Nebr.; home, Lincoln, Nebr.
 Earlene Ann Kennedy, Friends University, '56, Wichita, Kansas: home, Wichita, Kans.
 Doris Thomason King, Queens College, Charlotte, N. C.: home, Wilmington, N. C.
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 Margaret McKenzie, Queens College, Charlotte, N. C.; home, Plainfield, N. J.
 Ronald Panichi, Bradley University, '56, Peoria, Ill.; home, Chicago, Ill.
 Doretta Peterson, Nebraska Wesleyan University, '56, Lincoln, Nebr.: home, Fremont, Nebr.
 Marty Jan Sodler, Otterbein College, Westerville, Ohio: home, Cardington, Ohio.
 Leonard E. St. Hill, Mt. Allison University, '53, Sackville, N. B.; home, Castries, St. Lucia, B. W. I.
 Sylvia Small, Bates College, '56, Lewiston, Maine: home, Harvard, Mass.
 Patricia Watson, Friends University, '56, Wichita, Kans.; home, Wichita, Kans.

Robert E. Wenig, Findlay College, Findlay, Ohio; home, Price, Utah.

Joanne E. Yohn, Otterbein College, '56, Westerville, Ohio; home, Shelby, Ohio.

Dorothy Ann Young, Huntingdon College, '56, Montgomery, Ala.; home, Huntingdon, Ala.

JUDGES

Director Howard E. Hamlin, Health and Narcotics, Ohio State Board of Education, Columbus, Ohio.

Dr. Douglas J. Wilson, "The Montreal Star," Montreal, P. Q.

CONTEST SECRETARIES

Edwin H. Maynard, Editorial Staff, "The Christian Advocate," Chicago, Ill.

Evelon Marie Bender, Columbus, Ohio.

The Menace

By DONNA D. HAY, '56

Wartburg College, Waverly, Iowa

WHAT IS A MENACE? A menace is an evil that threatens. What is a menace? Social drinking—the origin of our nation's fourth greatest threat, alcoholism. Alcoholism, which each year affects between four and five million people and involves a loss of about a billion dollars. Alcoholism, which drastically cuts our nation's number of responsible citizens, unloads on each state an expensive health problem, and dilutes the resistance of each individual. Why is social drinking a menace? Because social drinking is but alcoholism in its first act.

And You are the individual compelled to play, at some time or other, the lead rôle in the acts alcoholism presents in every environment. The setting for the first act of this drama, "The Menace," usually takes place in the midst of a social group. "Curiosity" and "Invitation" often pull the curtain for Act One and start the action. And inevitably, before the end of the act, the major character, "Social Pressure," appears.

Of course, by now you know that You, an educated individual to the consequences of the use of alcohol, have said your last line. You know that You, an unsusceptible, socially responsible citizen, will not take part in the following acts which develop the theme. You know that

there is no test to determine whether you are right for the part; that the acting experience is not worth risking the chances; that no one is immune to the consequences.

But even though you do not continue through the successive scenes you have two alternatives: Will you stay around and play a supporting rôle in the "Chorus of Moderates"? Or will you declare complete abstinence and walk off-stage and out of the drama world for life? Let us say you remain in the chorus.

Now let us continue to watch as the lead rôle is taken by "The Other Fellow," the less resistant, alcoholically susceptible actor who continues in this tragedy.

Act Two presents "Appetite," the constantly appearing character who at first does not succeed, but tries again and again to upstage "The Other Fellow." His persistence wins out and "Habit" joins him in his plan of conquest. As these events occur over a period of years, complications arise. The main character seems torn between two decisions. Should he "deal" with these powerful individuals which extend such an attractive invitation promising great satisfaction? ("Or your money back, we suppose," we hiss under our breath, and only wish we could warn our weak actor, who may fall for the artificial and perilous climax.) Or should he . . . ? (But he is numbed and deaf.)

The curtain is again up and Act Three is staged. The scene is shifted; the climax is reached. The final solving of the "problem," the so-called "catastrophe," and the fateful, sad ending, all essential characteristics of a tragedy, appear in sordid reality. From a supporting role in the "Chorus of Moderates," "The Menace" carries to us a lesson in morality.

For there is the inescapable responsibility of those who "usually remain moderate." Because of their moderation they feel they are "in the right," and this seems a very rational opinion. But a Christian viewpoint looks beyond a selfish, self-righteous defense and asks the questions: "Does my social drinking hurt anyone? Does it affect in any way 'the other fellow'?" Turning to scripture, we find the answer is clear. "Therefore, if food (or alcohol) is a cause of my brother's falling, I will never eat

meat (drink liquor), lest I cause my brother to fall."—I Corinthians 8:13.

A Christian then will refuse to add to the social pressure of his more susceptible, less resistant brother. To refuse a social drink is the test of the strong. For, until we learn to refuse the social drink, until we, the strong, learn to refrain from spreading the influence of this evil that threatens, with an attitude of "passive non-cooperation," the initial source of the menace cannot be destroyed.

Alcohol - A Dangerous Companion

By BEVERLY J. COIL, '56

Otterbein College, Westerville, Ohio

MY FIRST EXPERIENCE of seeing friends consuming liquor in my presence occurred over the past Christmas vacation. My steady boyfriend from Massachusetts Institute of Technology was home then and took me to an informal party to meet some of his high school friends of three years ago. There were nine colleges represented in the small group of nineteen people. Three years ago only one fellow in this group drank liquids which were stronger than soda pop but that evening all but my boyfriend, a lady classmate, and I indulged in drinking liquor. We did not mind being ribbed and teased by the others but I felt that it is certainly a social problem when a majority such as that begin drinking. John, a close friend of my boyfriend, kept teasing my date about not drinking anything stronger than coffee. John was drunk long before the party ended. Both my date and I thanked God from deep down in our hearts that we did not drink to be one of the group, for Pepsi Cola quenched our thirsts!

The following week my boyfriend escorted me to the Charity Ball. At intermission John invited us to a party at his home. Yes, John served liquor to those who wanted it and the surprising thing to me was that John would not touch a glass of it himself. Some of the guests drank and sang college songs until they became very sick. John amazed me by saying, "I wish that they

would not drink more than one glass of liquor for my name will be **mud** tomorrow in this neighborhood." I concluded that John would rather have a good reputation than to drink but he also wants to be popular with the drinking crowd. I imagine that he will always drink because it is habitual as far as he is concerned.

Like other people who are abstainers, I refrain from the use of alcoholic beverages for a number of reasons, all of which have their roots in personal experience and in my reflections on these experiences. One always justifies his conduct, whether good or bad, when it deviates from that of people with whom he associates. In these days when one moves about in ever-widening circles which tend to cover the whole earth, he faces association with people whose habits, manners, and customs are different from his. His ability to survive and to grow will depend upon his ability to hold to that which is good. One cannot work out the problems that face him with a mind befuddled and a life wrecked by social drinking.

One should be a good sport if he has to take a ribbing about not drinking. In the long run, I have concluded that most people respect those who stick by their convictions. It is the sad experience of some people who forsake their convictions in order to please the crowd, to discover that they are really disliked for being weak-kneed.

The wife of an admiral in Baltimore, Maryland, said she loved flowers but that she probably ruined hundreds of potted plants in the homes of her friends by pouring cocktails on them. In well-regulated homes, it should not be necessary for a lady to resort to such measures of self-defense.

LIFE and **TIME** are frankly described by trade-paper **SPIRITS** as "a part of the liquor industry". Their owner is constantly under fire because of his whiskey advertisements so he plants full page portraits of churchmen in **LIFE** to counter this criticism.

Alcohol impairs reason, will, self-control, judgment, physical skill, and endurance. It is a frequent destroyer of health, happiness, and mental stability. It is used primarily for its psychological effects as a means of

escape from unpleasant reality. It constitutes an important community problem. Even small quantities of alcohol upset the coördination of mind and muscle. Alcohol decreases stamina, and increases fatigue. Drinking impairs the thinking ability of the working man.

I believe that we should face the errors of the past in child guidance and character building and strive to improve conditions for the future. We should enlighten
(Continued on Page 35)

Alcohol Is Innocent

By CARMEN T. ALOISI, '56

Teachers College of Connecticut, New Britain, Conn.

ONE OF THE GREATEST problems confronting our present day society is the problem of alcohol. Before we can deal with this problem we must come to realize that alcohol itself is not the problem. The problem is the people in their use of alcohol. In some societies this would be a simple problem to solve. All the governing body would have to do is control the people in their use of alcohol. This would probably be done against their will. But in a democracy this cannot be done unless the people want to be controlled. It has been proven by the Eighteenth Amendment that the people of our society do not want to be controlled in their use of alcohol.

If we are to deal with the problem of people drinking alcoholic beverages we must consider **why** people drink. In the book, "Alcohol and Social Responsibility," McCarthy and Douglass have listed three types of motivation for drinking; conformity, facilitation of sociability, and modifying reality. Drinking for conformity is probably the first motive most drinkers experience. It is a natural desire to have a feeling of conforming with a group. No one wants to be left out and sometimes if one does not take a drink he is considered unsociable. The people who drink for conformity sometimes make a discovery which may lead them to the second motive for drinking: facilitation of sociability. This discovery usually takes place if an individual feels socially inhibited. In order to offset these social inhibitions, people will indulge in alcohol to put them in a congenial or "party" mood. The motives

mentioned thus far are more or less accepted by our society as long as they do not develop into the third motive: modifying reality. People who drink to satisfy this motive undergo radical changes in their personality while under the influence of alcohol. This is indeed the most dangerous motive we have. Drinking as an escape mechanism does temporarily remove the problems and troubles of the individual for a short time. But drinking does not solve the problem, it usually creates another.

Now let us consider the fact that people will always want to give combat to their social inhibitions and their problems. Drinking, even though it is an unwholesome method, is widely used to give combat to social inhibitions and problems. If we are to ask people to cast out this method we must show them a way to attain the same or better goals which they have reached through alcohol. I mean that we should eliminate our degenerate motives for drinking through mental self-control. Mental self-control usually will not be successful if used to prohibit our use of alcohol. If we try to prohibit ourselves we are not eliminating our motives for drinking. For example, a person who is in the habit of using alcohol may know that he is suffering from a personality inhibition, but he can do nothing about his inhibition except drink it away. If he exercises mental self-control to the extent of prohibiting himself from drinking he will undoubtedly give unsuccessful search for another means to eliminate his social inhibitions. Probably the majority of the people in this predicament would return to alcohol. Now let us take another person who exercises mental self-control in another direction. He knows he is drinking to an excess and he wants to do something about it. This person finds that he does not enjoy social activities and he cannot get into a congenial state of mind without the "social oil," alcohol. Here he realizes he must use mental self-control to put himself in a congenial state of mind without alcohol. If he can accomplish this he will solve his drinking problem.

The problem now becomes: How can this mental self-control be imbued in the people? I believe this is the crux of the general problem of alcohol and that only if we can surmount this barrier can we solve the problem of alcohol.

Social Drinking – Wise Or Otherwise?

By PATRICIA J. TARR, '54

Cornell College, Mt. Vernon, Iowa

WHEN WE SPEAK of social drinking, we usually associate it with moderate drinking. It is unfortunate that people who drink for social purposes so often forget to stay within the range of moderation. Man should be civilized enough to use alcohol wisely and to prevent its getting out of hand. But he is not always able to use his intelligence to control his alcohol consumption. This we can understand when we study the motivations for drinking. These motivations may be divided into two classes: the incidental, and the psychological.

Incidental motives might be motives of culture or custom. These are particularly common motivations in Europe, where alcohol is used as a condiment or as an appetite stimulative. People might also drink merely because of social pressure and a desire to conform.

More complex and more dangerous are the psychological motivations. These include a desire for excitement, a need for relaxation and release from nervous tension, a desire for social spontaneity and euphoria, and a need for escape from reality. If the individual is motivated by psychological needs, he is in danger of losing intelligent control. It will take more than a moderate drink or two to satisfy him. He will have developed a compulsion leading to addiction and chronic alcoholism. When the latter point is reached, the person is a social problem, unable to hold a job and to maintain family stability.

In the field of psychological motivations one that is most popular and highly accepted is that of sociability. Through use of alcohol, tensions and inhibitions are released, freeing the drinker so that he is spontaneous and talkative. He considers himself quick-witted and clever, although in truth he is probably more raucous and better able to laugh at poorer jokes because of a dulled sense of humor. So far as a release from nervous tension is concerned, there are many other ways to find relief, ways less likely to lead to dangerous addiction.

In considering the release from inhibitions a moral question arises. There is value in many of our inhibitions. Many of these are necessary if we are to have a successful and orderly society. A release from such inhibitions would result in poor judgement, leading one to commit immoral or harmful acts, acts he would not consider if sober.

Perhaps incidental motives are harmless, but how can one be assured that psychological motivation will not creep in? We must take into account the fact that each one of us has what is called a frustration threshold, a point at which psychological frustrations become the master of us. At this point we are no longer governed by our intelligence and are unable to get an objective view of our situation. For some of us this frustration threshold is quite high, and we can face a great deal of trouble without losing self control. However no one can be sure that he will be able to maintain complete control when faced with a severe crisis. If the crisis seems insurmountable, and if the person is accustomed to using alcohol, he is likely to turn to it for escape from his problem. With the fortress of self control destroyed he is in danger of becoming an alcoholic, thus giving him an additional problem to conquer in order to regain his standing as a responsible, intelligent citizen.

In addition to these factors another which is important to consider is the idea of social responsibility. Perhaps you feel that you can master alcohol under any circumstances. Then you should take into account the Biblical saying, "Am I my brother's keeper?" Each of us casts an influence upon our neighbors, an influence of which we are oftentimes unaware. But perhaps someone considers you socially correct and believes that anything you may do is the thing he should do also. He sees you using alcohol and follows in your pattern. However, he is not acquainted with the power of alcohol and therefore has no control over it. He is in grave danger of becoming an alcoholic, and you would be greatly responsible if he should fall.

In view of the facts presented here, I have come to

the conclusion that total abstinence is the only policy morally justifiable for myself. What do you think? Is social drinking wise or otherwise?

Is This The Only Way To Be Socially Accepted?

By LENORE SANDFORT, '55

Nebraska Wesleyan University, Lincoln, Nebr.

“**S**AY, DID YOU HEAR that story about the guy who had a little too much? Isn't that just too funny for words?

How many times have we heard or said these words, or words bearing similar inferences? And how many times have we laughed at the antics of a drunk?—laughed at a situation which is a typical example of what is happening every day and which in reality is a deadly serious problem that has a great effect on our lives, and on the lives of future generations.

What is this problem that so many people consider so lightly? It is that of social drinking.

“Now that doesn't sound reasonable,” many would say. “It isn't the social drinker, but the liquor addict who is the problem drinker.” These are false suppositions. It is true that there are an estimated 4,000,000 alcohol addicts or excessive drinkers in the nation, but how about stopping to consider just how this number came to be: they weren't just born that way. There had to be some factor which made them begin imbibing, and one of the major ones was drinking socially.

Many alcoholics start out as social drinkers. They say that there is some quantity of alcohol which constitutes moderation, but what man can tell what that quantity is—if there is one? Even if they do try to stay under this safe quantity, sooner or later the body chemistry of the individual changes and begins to require more and more.

Just how serious is this problem of social drinking, and in what way is it a problem? When society has to pay twice as much for liquor as for education, then has

to pay even more for rehabilitation of many of the three million people in the United States who drink, it is a big problem. It is also a problem in that it is a major cause of traffic accidents and crime. It isn't the liquor addicts who cause these, because a person really intoxicated would be incapable of driving, or of keeping their wits about them to plan and carry out the intricate procedures of a big crime. It is the social drinker, or moderate drinker.

Health is another factor involved. Alcohol lowers the resistance of the body, causes mental instability, and lowers the life expectancy; any quantity of liquor taken will be a menace to some extent.

If drinking were harmful only to the individual, it would be less serious, but the fact is that its heaviest burden falls on innocent victims. While the social drinker is supposedly enjoying himself, the family suffers, industry suffers, and the community suffers. He becomes a burden on society, for all society has to pay for costs of rehabilitation and law enforcement.

What is the solution? What can we do? We must work through society and education. The social customs should be examined. Some method will have to be discovered to make individuals realize that they don't have to drink to be socially accepted, for after all, individuals make up the society. People should be taught that drinking is only an artificial means of obtaining pleasure. The alcoholic release from unhappy feelings only conceals and enlarges, instead of removing causes of these ills. We must fight the propaganda that is put out by the advertising firms: they make social drinking so enticing, and irresistible, and almost compelling.

Scientific education is being improved. The knowledge of alcohol is being applied to health, safety, industry, growth and character of personality, and to the moral standards of the community. Most of this education is carried out in high schools, colleges and universities, for it is here that much drinking begins. If we could bring ideas of new social customs into colleges and universities, and eliminate social drinking here, we would be well on the road to a solution of the problem, for it

is said that the college student's opinion and way of living tends to form the customs and way of living for the educated classes of America.

The whole problem of social drinking is very serious. We must not wait until individuals are alcoholics to try to find a solution. We must examine the culture and customs of our nation and change them so that even those with the weakest personalities and characters will find themselves "socially accepted" without having to drink.

Sobriety Or Sociability:

An Individual Choice

By ROSEMARY LUCKE, '54

Nebraska Wesleyan University, Lincoln, Nebr.

A COMPLEX SOCIETY creates tensions and anxieties in the individual which may be temporarily relieved by the use of alcohol. It is estimated that in the United States today there are 50,000,000 people who use liquor, in some form, to some extent; there are 3,000,000 who are "excessive drinkers"; and 750,000 who are chronic alcoholics. Even more alarming than the number of alcohol consumers is the rate at which these numbers have been increasing.

There are various reasons why people drink. Alcohol is often thought of as a means of escape. But in multitudes of cases the original reason for drinking was not a physical thirst or craving, not a desire to escape, but a compulsion to win the approval of friends, to be accepted in the group. Social pressure has influenced many persons to start drinking who would otherwise have practiced total abstinence. People are forced into a habit of drinking by public attitude, or by suggestion through newspapers, magazines, motion pictures, radio, and television. The idea is impressed upon us that alcoholic beverages are a part of the accepted social customs. They "belong" in the American way of life. And no one wants to be different, eccentric, or queer. The social urge is so strong that it prevails over better judgment and the warnings of conscience. The indi-

vidual is forced to choose between drinking and friendlessness—between sobriety and sociability.

But many will hasten to exclaim that lots of people can "take it or leave it alone"—they can "quit whenever they get enough". And it is true that a great number of the 50,000,000 who use liquor moderately will never go beyond that stage. But the danger of becoming an alcoholic is inherent in any alcoholic beverage. The risk is taken when beginning the acceptance of alcoholic pleasures. There is absolutely no assurance that a person can "take it or leave it" until he has demonstrated over a long period of time his ability to do so. We need only to be reminded of the countless numbers of those who failed in this effort to realize the dangers involved. Dr. William J. Mayo has said, "In dealing with addiction to liquor the difficulty is that we cannot tell in advance who may become victims. We have no particular test, except the test of time, which ruins the man, nor have we any remedy to prevent his becoming an addict; consequently, three drinkers in ten take the chance".

Contrary to popular belief, alcohol is not a stimulant but a depressant. Small doses give the drinker a feeling of well-being and increase his feeling of self-confidence. But, unfortunately, at the same time it decreases his judgment and reasoning ability. The apparent stimulation is the result of the narcotic effect on the inhibitions. This dulling of awareness and responsibility allows the more primitive parts of the brain to control the behavior of an individual.

According to accurate and objective scientific tests, alcohol does materially lessen neuro-muscular coordination. The drinker may be convinced that his performance is much better when under the influence of drink. However, while it usually takes one-fifth of a second to send a message from the brain to the foot to apply the brakes when driving an automobile, one cocktail is sufficient to lengthen this time to two-fifths of a second. And a car going only thirty-five miles an hour will travel twenty feet in that one-fifth of a second. Twenty feet—one cocktail—may spell the difference between life and death.

There are no definite physical impairments from small quantities of alcohol taken at infrequent intervals. A person can drink moderately without any permanent injury—at least to himself. But, how permanent is the death of the sober, innocent victim in the “other” car?

There are some who can “take it or leave it”, but who can afford to take the chance? For drink delight too easily slips into drunkenness. And no other organized means of social pleasure produces such a heavy burden on society—through broken homes, poverty, accidents, disease, crime, and delinquency. Alcohol is expensive, not only to the individual, but to the society in which he lives.

Social drinking, by its very nature, is a social problem. Consequently, society must look for a solution. Drinking that is required by the social code of a society is a type of tyranny. Past experience has taught us that reform and political action are not enough to depose this tyrant. Social customs must be examined; advertising used to create new drinkers must be analyzed and understood. Sources of alcoholic disease must be found and isolated. We need a more comprehensive approach, a new education. We must examine the social prestige of drinking. Why do people drink? Should social drinking be an accepted mode of behavior in our society? This new education must be given in the spirit of free discussion of all phases of the problem—self education among all who are willing to think for themselves. For though the scope and magnitude of the problem makes it society's concern, it must eventually come back to the level of the individual. Social institutions can only present education, solutions, and alternatives. If, having thought about the matter and having carefully weighed the evidence, one comes to the conclusion that he will be benefited by drinking, then certainly he must go ahead. For the choice between sobriety and sociability must be made by the individual.

Quotable Quotes From Student Writers

Compiled by

Louise Wells, Ohio State University '55

Fellows do respect the non-drinking girl—they date “party girls” but don’t often marry them.

—Gloria Badraun, Univ. of Idaho '53, Moscow

Why does man continue to seek personal happiness and contentment by a method that is contrary to the fundamental laws of nature and the biological findings of science?

—Francis Spear, Sterling College '54, Sterling, Kans.

No one is induced to begin drinking by seeing the effects of alcoholism in a heavy drinker, but many are by the example of good men who profess that it does them no harm.

—Lester M. Settle, Mount Allison Univ. '54, Sackville, N. B.

The youth of today present the greater challenge and their welfare is the responsibility of education. They must be trained by careful leading and friendly discussion to recognize the value of being individualistic in regard to the matter of social drinking.

—Clara Wiebe, Manitoba Normal School '53, Tuxedo Manitoba

Abstinence from the use of alcohol must come from the wish of the individual because he realizes its harmful effects, not because he is told he must not use it.

—Barbara Pickett, Univ. of Idaho '53, Moscow

Alcohol, if its full consequences are considered, is subtracting instead of adding to the happiness of life.

—Francis Spear, Sterling College '54, Sterling, Kans.

They all think they know when to stop, but how can they tell? Habits are hard to correct, especially bad habits.

—Mabel M. Lamott, State Teachers College '56, Salem, Mass.

The ability to “take it or leave it alone” is much harder to cultivate than the ability simply to “leave it alone” because the latter idea does not carry with it the necessity of denying an appetite aroused by indulgence. Such self-discipline is not so prevalent as we are asked to believe.

—Jimmie D. Campbell, McMurray College '56, Abilene, Tex.

**Intercollegiate School of Alcohol Studies
1954, will be held at the University of Western
Ontario, London, Canada, Sept. 5-11, 1954.**

In our American life drinking contributes nothing socially, economically, or psychologically which could not be obtained in constructive ways.

—Carol Jean Whidden, Southern Missionary College, Collegedale, Tenn.

Any liquor advertisement that says drink our brand because that is a sign that you are smart and have money is a downright abusive use of the freedom of advertisement.

—Merle S. Arnold, Findlay College, Findlay, Ohio

One advertising promoter bemoans the fact that the total population does not drink, stating that more drinking in the home and at college might help. Apparently, he is labouring under the delusion that college students and their parents have nothing more important to buy than liquor.

—Frances E. Piercy, Mount Allison Univ. '56, Sackville, N. B.

Social drinking is really anti-social. It should be called unsocial. Its reasons and effects are rooted in ignorance and selfishness.

—Betsy Brodhead, Ursinus College '54, Collegeville, Pa.

ALCOHOL: A DANGEROUS COMPANION

(Continued from Page 25)

parents and youth as to the effects of alcohol and other narcotics upon moral conduct. Parents should set good examples. At present there is no known way to exclude any human being from becoming an alcoholic. Alcoholic addicts come from the illiterate, the educated, the rich, the poor, church members, and so forth.

It is not necessary to drink socially to get along in life. It is not good economics to spend money for alcoholic beverages instead of for other goods and services such as secular and religious education, wholesome recreation and the promotion of health.

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THE
INTERNATIONAL

NOVEMBER
1953

STUDENT

-- And Digest of Alcohol Studies

In This Number

"Drinking in College"

— A Review of the Book

College Drink Attitudes

at Different Periods in America.

— Condensation of the pamphlet

"Alcohol Trends in College Life."



A view of the
Yale Divinity
Quadrangle
New Haven, Conn.



**"Democracy
is something
deeper than
Liberty; it is
Responsibility"**

THE INTERNATIONAL STUDENT

November, 1953

Vol. 51, No. 2

HARRY S. WARNER, *Editor*

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College Drink – And The Home Community

Suggestions for Study

UNEXPECTED factors of much significance may be seen in the survey of "College Drinking" today, just published at Yale. These factors are no less evident when compared with surveys less scientifically made, perhaps, but no less realistic at earlier periods in American college history.

Among them are, first, the question: Is there any such thing as "college drinking," a pattern that newspaper and magazine writers have been exploiting for a half-century. Second: Drinking among college students, is a dramatic cross section of what has occurred among other young people of similar age. Third, the main factor as it stands out in this survey, are the practices of the home; the customs, attitudes, traditions of the parents and their social connections.

But while college life is thus freed from the criticism of being a period of dramatic boozing, it seems clear that the four years gives, to the great majority of students, little or no such basic understanding as will result in the formation of a sense of concern and responsibility for the social consequences of this custom.

THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, six times a year in October, November, January, February, April and May. Subscription, \$1.50 per year; two years \$2.50.

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"Drinking In College"

By Robert Straus and Selden D. Bacon, 1953

A REVIEW

IF CAREFULLY gathered factual information regarding drinking by college students today—and by inference other young people of similar age—is what you want, here it is.

If you are concerned, or merely curious, about what is happening in this particular group of young citizens, and want realistic knowledge about drinking in campus-side hangouts, in the fraternities, at parties and the big celebrations, who drink, how often, where, and why, and who decline "the accepted pattern," among men and women students alike, you will find the facts in this book. For this information gives all of us a dependable foundation for serious thinking and action—if, indeed, we are not already satisfied or have widely divergent viewpoints.

For to gain an understanding of drinking today at the college level, free from the dramatic exhibitionalism that frequently mars the stories appearing in magazines and newspapers, is the scope and purpose of "DRINKING IN COLLEGE," the report of a survey of four years made by Drs. Robert Straus and Selden D. Bacon at the Yale University Center of Alcohol Studies.

Designed to make information definite about college drink practices and attitudes, the book goes much further. Whether so intended or not—and it was apparently not so intended—it brings with its study of the college situation a reflection of what is happening among younger people generally, the young adults of today, and the fathers and mothers of high school and college youth.

Published by Yale University Press, Oct. 5, 1953, "Drinking in College" is the substantial report of a survey of four years in American colleges. It is an objective study giving factual information, evidence of attitudes and statistical tables. Yale University Press, New Haven, Conn. \$4.00.

It sheds a brilliant light on what precedes much of what stands out in public mis-information as originating at high school and in college.

So far as it relates to the survey made and the interpretation of the material gathered, the book is highly scientific and objective, a vital source for study and constructive activity.

The result of two years of research by the questionnaire method, following nearly two years of preparation and testing of techniques, the information is direct from the college students of today. The facts were gathered by experts and college educators from 27 colleges and universities, selected as representing all parts of the country and all general types of colleges. Over 17,000 students participated by answering a set of scientifically prepared questions so detailed as to take an average of forty minutes by each to complete. The questioning was done in college class rooms with the cooperation of the instructors. Compilation of the answers was by technical experts with machines equipped for recording the information gained.

Some Broad Observations

Several main ideas stand out in the book as a whole: (1) It registers the present spread of drinking and drink customs, how much and how often, among students today—many of them coming leaders of culture and public opinion; (2) it offers a mass of factual information that may well serve as a basis for action and further study of what the drink custom means in society; and (3) it points up a need for wider and more basic education on the total problem—a new education that includes, with recent scientific findings, the realistic examination and public discussion of the traditions and background of the alcohol tradition in modern living.

For, from his study of the data accumulated, it seems crystal clear to this reviewer, that the spread of tacit or full acceptance of drinking by approximately two-thirds of our present population, is closely related to most, if not all, of the alcohol questions of today. And this trend is in sharp divergence from the main trend of the first quarter of this century. It is a real service, therefore,

that these years of survey of student drinking, practices and attitudes, by a scientific fact-finding center has made available to all who care for dependable knowledge, or are concerned about "doing something" that is more than superficial—educators, leaders of student movements, ministers—and to students themselves.

Some of the Information Revealed

Briefly, the survey reports that 74% of the 17,000 students interviewed in the 27 colleges that shared in it, checked themselves as drinkers, some very rarely, others occasionally, a serious number frequently, and but few regularly; that 26% never drink; that the percentage of male students who drink ranges from a low of 55% to a high of 98% at different colleges; that the ratio of female drinkers shows a greater range—from a low of 20% to a high of 95%. The students interviewed came from many and varied cultural, family, economic, religious, racial and community backgrounds. The colleges participating were culturally and economically representative of the main varieties of American colleges—private, both men's and women's; sectarian and non-sectarian; public or tax supported; Negro and teachers' colleges; those where severe restrictions prevail and those with little or no attempted control over drinking.

Giving particular emphasis to the danger in drawing general conclusions, the report says "actually there were wide margins of difference between colleges" in the survey. Also, that this caution may well apply to an even greater extent when reference is made to colleges not in the survey. They say that "these colleges do not necessarily represent all American college youth. Had others been chosen the percentages of users might have been different. Furthermore, 74% is not the incidence of drinking at any one college."

The survey found that 6% of the men and 1% of the women who drink showed positive signs of potential alcoholism—a higher percentage than the national figure of 4%. This is significant in that it occurs at the college age, 17 to 23, and among the rather highly select group who attend college. The colleges certainly are not free

from their share of the "potential problem drinkers" of the country.

But usual college drinking does not stand out at all as heavy. As to frequency of taking a drink, 43% of the men and 53% of the women who drink claim they average less than once a month.

One surprising observation is that participation in athletics seems not to act as a deterrent against drinking. Only 4% of the abstainers gave sports as a reason for not drinking. The responses from athletes, both men and women, indicated that a higher percentage drink than do students in other college activities.

The study disclosed that girls at women's colleges drink more than do co-eds and that students at colleges where restrictions are severe, when they disobey these rules, are more likely to get drunk than students at colleges with no alcohol taboos. At the so-called "dry" colleges, however, the total percentage of those who drink is less than at others—68% of the men to 39% of the women said they drink.

One outstanding generalization, however, is that college students drink far less and less often than many people imagine.

Correlation With Home Background

Certain statements regarding "Who Drink" stand out with force: such as, that there is a very close correlation between student practices and those of their homes and family background; that the social connections of the parents are very important; that the highest percentage of drinkers are in the private, men and women only, colleges; that abstainers come mostly from the homes of low income; that of male students attending public colleges and universities, roughly four-fifths drink, but that of the men in colleges controlled by religious denominations only two-thirds are users.

Students Making Decisions

Regarding the question that each student ask for himself, the chapter, "To Drink or Not to Drink," shows from the questionnaires that this decision is a very real one, often hard to make. On one side, there are the traditions and customs—for or against—that have played

on their lives from early years; on the other, the growing consciousness and sense of responsibility in maturing youth of the obvious excesses and difficulties that occur in a large part of current society where alcoholic beverages are freely used. Here students and all youth are faced with conflicting ideals, social and moral pressures, sanctions and motivations. Some reported parents who drink, but forbade their children to do so, without giving reasons. Others, following parental example, drink with parental approval, but receive conflicting information and advice from church and school. Others, from non-drinking home environment, find themselves in groups where drinking is expected, the "thing to do" to gain acceptance and standing, and where the non-drinker is subjected to ridicule or made to feel uncomfortable.

Early Advice and Education

Regarding their early years, these students were asked whether they had ever received "specific advice concerning alcoholic beverages"; "more than 90% reported yes. Nearly half indicated that this advice had been designed to make them abstainers. . . . Of the men who had received advice, 30% were abstainers as compared with only 18% of those who had not." "However for those advised," continues the report, "rather startling differences were found in the incidence of drinking according to the source of the advice. When it came from the family members, it was definitely more effective than when it came from the church or the school." Quoting, "Church sanctions appear more effective than no advice, while sanctions from the school are actually associated with a greater incidence of drinking than no advice at all."

This observation, the report suggests, should be of particular interest to individuals or organizations seeking "to initiate, maintain or change drinking behavior—teachers, ministers, parents, legislators and others concerned with drinking or any other behavior."

The report on "How Much and How Often" gives facts of great significance and suggests the necessity of taking

these variations into account in discussing student drinking. It discounts, with figures and tables, the dramatic reports that often appear in the public press, but does not minimize the more vital facts relating to quantities and frequency—the facts that have most to do with the growth of life-habits and attitudes. But the survey does indicate that, while prevalent to some degree, heavy drinking is infrequent and relatively small among students.

Other chapters deal with "When, Where and with Whom," how "High, Tight and Drunk," as college vernacular measures the successive stages, "The Veteran in College," "Beliefs About Drinking and Sexual Behavior," and "The Custom of Drinking." The report on "What Students Think About Drinking" shows that their practice and thinking run quite consistently together and again reflect home attitudes.

Points of Summary

The data gathered by this survey indicates that there is no college drink problem as such; that it is just a sampling of drinking, in a particular group of all younger people of college age. Going to college has little or no effect, either for or away from the practice. This conclusion, however, raises a serious question: Why does higher education, with its high intellectual standards, have no specific effect on so vital a cultural pattern?

From this study, parental customs, family income and religious affiliations stand out as basic factors. If these incline in one direction, college students, and by inference, other young people, tend to be abstinent; if in another direction, they come naturally into drink habits, and do so usually before college days.

Students of course are not robots. Usually they are critical—especially to authoritarian presentations. But too many follow, like sheep, the customs of the groups to which they aspire. Without studying such problems as alcohol, and until they do so study, they accept the conscious or un-conscious pressures of their social groups. Study they must, each for himself, if decision and conduct are to be intelligent and lasting. And such study is

(Continued on Page 67)

College Drink Attitudes

At Different Periods in America

By HARRY S. WARNER

A CONDENSATION

CONVIVIAL DRINKING and the varieties of culture associated with it have come down by a long trail into a large part of modern college life. Not different essentially from other customs, practices and philosophies that for ages have been a part of the quest for alcoholic sensations, college drinking, nevertheless, has age-old characteristics of its own. For college years are filled with heightened experiences and struggles for freedom from inhibitions that are vivid, colorful and lasting.

Consequently college customs and capers often gain attention and publicity beyond those of other groups. The questioning and attitudes of students and their possibilities in future leadership appeal to the imagination of all. They stand out in the social picture of a people or a period.

College drink customs may be taken for study, therefore, as a vivid cross-section of the prevailing attitudes, customs and trends at different periods in the alcohol controversies and problems of each period. For, as a Swedish writer said: "The customs and opinions of student life to a very great degree influence the habits and ways of thinking of the educated classes" of a country.

I — EARLY COLLEGE TRADITIONS

At the time of the founding of the first colleges in North America, Harvard, Yale, William and Mary, alcoholic sociability was a regular and assured part of influential, and nearly all other, shades of society. Liquor seemed to be as necessary in polite and everyday social intercourse as food, wit, and conversation. Each nationality and shipload of adventure-seeking colonists, even the Puritans, brought with them drink traditions. The first colleges, taking their standards from Oxford and Cambridge, included the ale and beer customs popular in the English universities of that period. In earlier years, Oxford had brewed their own. Festivities, known as "college ales," and a great variety of drinking occasions, had long been popular; these developed famous student taverns and a mass of literature, poetry and song in praise of drink. These traditions were accepted as a normal part of college life by the new colleges of the colonial period.

Condensed from "Alcohol Trends in College Life," a survey of American College Attitudes on Beverage Alcohol, 1938; compiled and copyright by Harry S. Warner; a 46 page survey of previous surveys; published by the Methodist Board of Temperance, Washington, D. C.

Harvard and Yale each had a "buttery," an annex to the commons at which extras between meals, various articles, including beer, cider, and at times harder liquor, could be purchased. In 1748 at Yale the steward in charge was allowed 12 barrels of beer for the year and later, as the college grew, 20 barrels. One purpose of the buttery was to prevent students from frequenting public houses in town. "Beer was furnished at dinners for many years, then cider took its place and beer was allowed at supper until 1759." Harvard had a rule that no resident of the college could use distilled spirits or mixed drinks when entertaining and no undergraduate might "keep by him brandy, rum or any distilled spirituous liquors without leave from the President or a Tutor." Other colleges also had restrictions as to "hard" liquors, but few as to beer and wine.

To the first commencement at Dartmouth, a founder brought "a roast ox and a barrel of rum." By 1800 a leading club at Harvard had made Washington's birthday an occasion for a procession of students to Porter's tavern and a night of revelry.

German University Influence

Toward the end of the past century, the influence and culture of German universities gained wide acceptance in the universities of the United States. Going to Germany for advanced degrees, graduate students brought back with their Ph.D.'s, into the younger faculty and student clubs here, some of the noted beer traditions and philosophies of mid-Europe. Similar influences from the wine culture of Paris were strong. Since post-graduate work in a European university had almost exclusive prestige in those years, these academic customs tended to re-enforce the drink customs of the older American colleges, during the nineteenth century. But none of them gained much standing in the new church-founded and mid-west colleges of that period.

The attitudes and practices in the church-founded and small colleges of whatever origin, for a century or more, contrasted greatly with those in the older and more conservative colleges. In many of the former, alcoholic customs never gained standing; social and personal drinking usually were under disapproval, not, as in many of the Eastern and the European universities, a recognized part of the life of the college community.

II — THE YEARS OF DIVERGENT TRENDS

By 1900 two deeply divergent trends were to be seen side by side in American college communities; one, a strong and increased questioning of the place and value of alcoholic liquors, because of their many unfortunate consequences; the other, an attitude of defense of traditional drink privileges and customs.

This was the period of the typical saloon. Liquor was available and cheap to all who sought it, in all except five states and in limited areas in other states. Large cities, small towns, college towns, with few exceptions, and country crossroads had drinking places; breweries in foreign sections of the cities delivered beer to homes of those sections; some women in these colonies and in "high socie-

ty" drank; hard cider formed in farmers' cellars, and "moonshine" flourished from the stills in the southern mountains. It was the day of the great American saloon; that was where men went to drink, remained to boast, received the news, "set it up" and drank again; the saloon was where men met men; the "poor man's club," the profligate's club for the habit-developed sons of the well-to-do.

Spread of the Custom After 1900

Notwithstanding severe restrictions against drinking in denominational and many other colleges, and the very limited drinking that occurred in them, drinking in the universities was regarded as serious. An investigator in 1903, after intensive research, talks with students and professors, and the examination of discipline records, reported that as many as 90% of the students at one eastern university drank in their Freshman year and 95% in their Senior year; and that 15% drank heavily. He said: "I have been around to the other universities to a considerable extent as manager of two of the university athletic organizations. . . . At Princeton it is beer, beer, beer . . . the body of students in my mind drink even more than do Harvard men. . . . At Yale drinking is recognized to so great a degree that clubs have their tables at the barrooms . . . and at some of the bars the students carve their names in the tables." The tabletops are preserved as souvenirs of the year on the walls of the saloon and new tops put on the tables for another year of names. "At Cornell the conditions are somewhat the same, although I do not believe Cornell students carry their excesses as far. . . . At Columbia there exists more debauchery on account of the resorts of the city."

Answering sensational criticisms in 1911 a writer in the *Boston American* said that on "official figures" the proportion of students who drank at the great university mentioned was in 1908, 56 per cent; 1909, 59 per cent; 1910, 45 per cent; 1911, 60 per cent.

After The Games

The big games were a frequent occasion for alcoholic festivities. Following a Georgetown-University of Virginia game, 1913, The *Washington Star* reported that "the police worked overtime gathering up nearly a hundred young drunks, who had to put up \$10 or sleep in a cell. . . . In front of one thirst parlor a line of police waited until midnight, when the lights were made dim and about twenty drunks spilled outward toward the curb."

In 1915 a writer in the *Harvard Crimson* stated that 75 per cent of the students joined in the drink customs of the university. Liquid refreshments were the rule at class functions and the non-drinkers, a minority, were compelled to help pay for the beer which they declined to drink. One of the militant few protesting in the *Crimson* against this forced wetness wrote, "It is not class meetings alone from which many are excluded through an unwillingness to make themselves conspicuous by their abstinence."

Commenting on the public results at Wisconsin, a Madison newspaper said, "The drunken student . . . vomiting, uttering foul language . . . open nastiness of vocalization which almost justified recourse to the shotgun. . . . And our eighty-eight or ninety saloons, what part are they playing in this humiliating business?"

California Traditions

On the West Coast the college customs of the East were combined with those of the pioneer days and the mining camps of the "gold rush" years. At the University of California "wet" celebrations were held in San Francisco away from the campus. The banquets often ended in smashing dishes, throwing steins, and the men under the table. An old ferry boat on the Bay became a drinking center for student clubs. "Beer night" around the "Big C" on the hillside above Berkeley was an event of years, an annual Sophomore "beer-bust" celebrated in defiance of rival university teams before the big games. Kegs of beer were rolled to the top of the hill, the class and its friends spending the night guarding and drinking. Yet the President of the university, in 1912, stated that 70 per cent of the students were abstainers; that the trouble came from the 30 per cent who "run things."

The intercollegiate games were accompanied by much drinking. After a football victory at Stanford, President David Starr Jordan reported that "Two hundred students from the University of California spent the night on the campus. The fraternity houses were open all night. Two hundred rowdies marched through the library. . . . Beer kegs were carried over to the steps of the sorority house. A student went to a saloon downtown, got drunk, got into the wrong house. Someone shot him." After these events Stanford banished liquor from the university and its surroundings.

Types of Excess

These incidents illustrate conditions in some of the colleges in "the old days." Some of the types of excess that had to be faced were the following:

1. The openly recognized celebration or consolation drinking bouts after the big games when restraint was removed, training broken, and large numbers present.

2. The campus-edge saloons with tables for clubs and fraternities in imitation of German customs. The student saloon, with its pictures, tables, and steins expressed imported customs. But at only a few of the larger universities and technical colleges did "beer night" gain standing as a regular feature of class, fraternity, departmental, or group sociability

3. The use of small, rather "polite" amounts of wines and liquors prevailed much more widely at social functions. Faculty affairs often set the example for this sort of drinking.

4. Ordinary saloon and barroom drinking by groups often continued late at night. It was the greatest source of trouble. In univer-

sity towns saloons near the campus catered to students, appealing to fraternity, class, and other interests.

Accepted Traditions

The influence of college drinking in forming life habits and the way these habits worked out later received study at this time. At Dartmouth, a seminar class under Professor Charles F. Emerson, about 1916, studied the personal histories of the members of classes graduated between 1869 and 1879. The effects of alcohol were traced over a period of 35 years. The number of men at graduation was 320. Of these 29 per cent used liquor while students; 71 per cent did not. After 35 years, it was found that of the college liquor users 59 per cent were living, of the college non-users, 78 per cent were living; or stating it another way, 41 per cent of those who drank while in college had died and but 22 per cent of the abstainers had died in 35 years.

In the saloon years the social use of liquors was an accepted tradition in the older and more influential colleges, on formal occasions, and at celebrations by students and alumni. Many individuals declined to participate. However, prevailing customs did not make it easy for non-drinkers. It required more than average strength of personality for a student, or faculty member to stand out against the assumed or actual attitudes of those who led the drinking in places of influence. Traditions were strong in the opposite direction.

III — THE BREAK FROM TRADITION

The decades 1900 to 1920 were marked by increased questioning and conflict over alcoholic liquor and its social and economic consequences. Students and faculty members in many parts of the country and in all but a few of the more conservative colleges shared in it. The place and significance of the whole tradition of alcoholic beverage in modern life was being challenged. The colleges no less than the country as a whole, at least that part of it west of the Atlantic seaboard, became "liquor minded" as a result of a century of struggle against drunkenness and the saloon. The social and community implications of alcoholic indulgence became important. The attention of millions turned toward the never-ending crop of degraded manhood and neglected childhood found wherever drink selling and drink customs prevailed. And students and professors in increasing numbers, as well as others, were interested in doing something about it.

Two trends should be noted: (a) In the conservative and socially influential college communities old traditions and practices continued popular, although increasingly questioned, and reduced in frequency. A process began similar to that in the smaller and denominational institutions. (b) In practically all other colleges and universities, especially those in the Central and Southern states, and among a minority group of students and faculty members in the conservative schools, an aggressive attitude developed that had its outlet chiefly in local and state efforts to restrict, or banish the legalized sale of intoxicants.

Freedom Gained to Refrain

In the larger colleges, after 1910, the freedom of individuals to refrain from drinking at social functions and retain standing gradually came to be recognized; the number and variety of gatherings that depended upon alcohol for entertainment decreased. Dinners, banquets, and parties depended less on liquor as an aid to wit. Many fraternities "went dry." The celebrations after the big games continued to have an abundance of liquor enthusiasm or consolation, bootlegging against faculty, student body, and legal restrictions was abundant, and downtown saloons, where they remained, had their share of student patronage. But on the average in large colleges and smaller, even where old traditions remained strongest, the frequency and popularity of liquor was declining. Academic customs supporting it steadily lost prestige. In their place developed, as in the "freshwater colleges" earlier, a sense of social concern and the conviction that alcoholic drink would soon be out of date and should be eliminated from modern college life. In hundreds of universities and colleges student groups and individual teachers took active service in efforts to reduce the community and state evils of the saloon and the liquor traffic.

A poll of Yale seniors, in 1913, as to personal practice revealed 155 abstainers to 128 users in the class. In 1915 Professor Irving Fisher, Yale economist, wrote, "So far has the anti-liquor movement in the colleges proceeded that a man who frankly opposes its use is more respected than the man who condones it."

At such universities as Michigan, Ohio State, Indiana, Minnesota, Nebraska, and Kansas the social affairs of the university were largely free from the sentiment that favored the use of intoxicants at banquets and dinners. Regulations against drinking in saloons became more severe. At the University of Missouri, it was reported that drinking was practically eliminated by the removal of saloons from the city. At Illinois, in 1912, the student vote was largely responsible for removing the saloons from Urbana and Champaign.

Students Vote Dinners Dry

At the University of Michigan a student movement in 1916, led by a popular left tackle, included the creation of opinion for better college standards, law enforcement in the city, and stricter abstinence among athletes. After that date, the boast of a football captain ten years earlier "that I can drink my whole team under the table" was succeeded by the new, scientific policy of positive opposition to drinking by athletic coaches and players.

A dramatic contest in student opinion against well-established drink customs occurred at the University of California in a three-year campaign beginning in 1910. Sophomore night at the "Big C" on the hill above the campus was a noted event. Sophomores had the responsibility of guarding the letter from encroaching Stanford men, who each year attempted to paint it red. Kegs of beer were provided to keep the guards awake. But the class of 1910, the majority being non-drinkers, attempted to substitute coffee, sandwiches,

and doughnuts. Nevertheless after midnight the beer arrived. The next day a reaction occurred, and this form of "beer night" came to an end. During the following two years the students opposed to liquor introduced and carried, by a vote of 627 to 138, an amendment against the "use of intoxicants at any banquet, dinner, supper, luncheon, rally, smoker, or social event given by any student organization" at the University of California.

A similar struggle in student opinion at Cornell University for the removal of the drink tradition from student activities centered on the annual Junior Feed, held usually away from the campus where liquor facilities were abundant. After a series of efforts over four years the organized student opposition won their campaign. In addition, by circulating petitions, securing speakers, and their personal activities, these students helped carry through the state legislature a bill that removed the saloons from Ithaca.

A student movement of several years that had as much influence outside the University among alumni as it did inside, took place at Yale where drink traditions were hoary with age. Beginning with a group studying the problem, attitudes grew stronger from year to year, many definite anti-liquor steps being taken. Some of the fraternities voluntarily banished the use of liquor in their houses. In 1915, after three months of discussion, the Senior Class of Yale College voted, 115 to 101, to discontinue liquor at their graduating party. By another vote of 169 to 51 they dropped liquor from future class reunions. The graduating class of Sheffield Scientific School took similar steps. These steps were followed by an appeal to Yale alumni to approve what the undergraduates had done by eliminating alcohol from their own class celebrations. This appeal to the alumni by the Committee of Seventy-One, which included leading football, crew, newspaper and senior class men was signed by William Howard Taft, Yale, '78, and mailed to 12,500 alumni.

Intercollegiate Association

These struggles of the younger student opinion against the old drink traditions in the large and conservative universities from 1910 to 1918 reflected what already had taken place or was taking place in more decisive ways in the state institutions and smaller colleges. In the latter the attitudes of students and professors in large numbers was now one of aggressive action against the liquor traffic and the saloon as sources of the trouble in college and the community. An organized college movement led by The Intercollegiate Prohibition Association was promoting study and discussion of the problem in hundreds of colleges each year; conducting a great series of public speaking contests, reaching with its student secretaries three hundred colleges and more than 75,000 students each year, and enlisting young men and women for intelligent service in anti-liquor activities. Under its leadership students in large numbers gained a realistic knowledge of the problem in the community by sharing in the various activities that were seeking solution.

500 Volunteer Campaigners

During the summer of 1914, for example, more than 500 students gave time as volunteers, speaking, singing, in teams and groups, going out independently or under the temperance organization into the town and country communities. In 1915, 1,346 from 78 colleges shared in the local, state, and other anti-saloon campaigns. In 1916, 2,330 from 114 colleges were at work during the summer and early fall months. The interest and its distribution are shown by the fact that Michigan had 568, 44 of whom were faculty members, in such activities; Ohio, over 1,000; California, 450; Missouri, 275; Nebraska, 94; Montana, 53; New York, Pennsylvania, Virginia and Texas also had part in the program. It was an adventure as well as a public service for the students who shared in it. In one state 100 more volunteered than could be used. Few, if any, received pay.

The custom of depending on alcoholic feelings to heighten social enjoyment was being questioned as unscientific and set aside rapidly in college circles in these pre-war days. Dinners, banquets, and parties were no longer necessarily alcoholic; even wines and beer at college functions lost prestige among students and faculty, and more slowly at alumni gatherings. The universities in the central and southern states joined with the church-related and smaller colleges in adopting new social standards.

Eastern Universities Retain Drink Traditions

But even during this high-water mark period in the college anti-liquor movement, there remained in the eastern universities and colleges, those attended by young people from the so-called "privileged" families and groups, drink traditions which continued with little if any change.

The questioning attitude toward alcoholic drink that had grown for three-quarters of a century in American colleges became aggressive opposition in the average college and in vigorous groups in the universities by 1918. Many forms of alcoholic indulgence were losing caste, except in limited circles. In the older colleges, though the trend was in the same direction, as shown by the vote of the Yale seniors in 1918 to discontinue liquor at class and reunion parties, the hold of established customs and the influence of alumni and wealthy families with well-stocked wine cellars who regarded themselves as privileged, continued as a restraining force in opposition to the anti-liquor trend and the laws after their adoption.

IV — LEGAL BANISHMENT PERIOD

1920 and After

Writing about the situation that developed after the adoption of national prohibition, Professor Charles H. Warren, of Yale, reported in 1926 after six years observation, that "the fraternities have never been so dry as they are today. The last prom dances were the cleanest I have attended in many years. I think there is less drinking now than ever in the history of the University." "The

effect at Yale has been good," said Professor Charles C. Clark, who made it clear that he was not a prohibitionist. He added, "I know for I have been a member of the Committee on Discipline. . . . In the old days our Committee was constantly busy with cases involving intoxication and the disorders originating from it. Now we have practically no business of the kind at all . . . in spite of the fact that in the old days we rarely troubled ourselves with a case of mere intoxication if it had not resulted in public disorder." These changes had occurred in a college in which the prevailing sentiment continued to be wet.

Student Polls in 1926

"Out of 7,800 students, 88 per cent are in favor of prohibition," comments the *Chicago Post* on a 1926 referendum by Professor R. L. Mott, of the University of Chicago. The survey covered 37 colleges and universities; 12 per cent favored repeal and 41 per cent modification. "This overwhelming proportion is divided only on the question of how its enforcement may be made most effective."

A poll of 100 college editors in 1926 concludes that, in the opinion of the majority, "drinking among students has declined in recent years," and that such as remains is by those who, "think to put feathers in their caps if they can bespeak a bootlegger."

"My observation twenty-five years ago was that it was the exceptional student who did not take a drink now and then," said a Dean of Men at West Virginia University in 1925. "Today conditions are reversed and it is the exceptional student who drinks. The few who break over cause the talk."

"It has been six months since a student has been before me for violating the liquor laws . . . there is not one one-hundredth the drinking among the University (Michigan) students today that there was during the days of the saloon," said a Judge of the Circuit Court at Ann Arbor in 1927. A barber at the edge of the campus who shaved students thirty-five years reported: "Students used to come into my shop drunk, would have to be taken out of the chair. . . . It has been three or four years since there has been a drunk student in my shop."

Accepted as Welfare Advance

The colleges of the United States on the whole accepted prohibition as a social welfare advance. There were exceptions, decided and outstanding; but they were exceptions. Secret drinking continued and there was much bootlegging at some of the universities, those in large cities, near the Canadian line or the moonshine stills of the mountains. To purchase from illegal sellers in time became an adventure to those who had seen little of the legal saloon. Student drinking and law evasions were exploited and publicized as student carousals had been in saloon days. Yet, as in license days, drinking and law violation in colleges were much less than outside. The great body of college students accepted the purposes of the new situation, agreed that alcoholic indulgence was not ne-

cessary and that it was being outgrown in forward-looking nations. "The colleges, universities and schools, with rare exceptions, are fully in line," wrote James J. Britt, Chief Counsel of the Bureau of Prohibition in 1928.

Evidence of this trend is found in surveys and tests of opinion and practice, the most scientific though not the earliest of which was by Professor E. E. Cortright, Education, New York University, in 1926. His "objective evidence," Professor Cortright believed had "more than the average amount of legitimate findings in it . . . because of the manner in which it was collected." Two questions were merged with thirty-four others of large social importance. The method was sampling by classes from one to four classes in each of the colleges listed. The questions and answers were:

1. Should the Eighteenth Amendment be rigidly enforced?

Mt. Holyoke College group	97% YES
Stanford University group	94% YES
University of Minnesota group	88% YES
Connecticut College group	87% YES
University of Michigan group	84% YES
Washington Square, N.Y.U. group	80% YES
Smith College group	70% YES
Education, N.Y.U. group	68% YES
Amherst College group	64% YES
University of Texas group	64% YES
University of North Carolina group	72% YES
Commerce, N.Y.U. group	72% YES
Average all-college groups surveyed	77% YES

2. Should the Eighteenth Amendment be abolished?

University of Minnesota group	90% NO
Mt. Holyoke group	83% NO
University of Michigan group	82% NO
University of North Carolina group	81% NO
Connecticut College group	70% NO
Smith College group	70% NO
Stanford University group	69% NO
Education, N.Y.U. group	68% NO
University of Texas group	68% NO
Commerce, N.Y.U. group	56% NO
Amherst College group	50% NO
Washington Square, N.Y.U. group	57% NO
Average all-college groups surveyed	69% NO

"Analysis of the vote shows two distinct things. First, the wide range of regional opinion . . . the Atlantic seaboard wet . . . great Saharas in the western part of the country . . ." Second, the effect of sex opinion upon the decisions, for to produce the average of 77% YES on the first question, the men gave a 66% YES vote, and the women an 83% YES. On the second question, to produce the 69% NO average, the men voted 56% NO, and the women 72% NO

(fractions disregarded). The sex balance of all students recorded is practically identical with the proportionate number of men and women students in the country.

Presidents and Deans

The first attempt to obtain a comprehensive view of college attitudes after 1920 was made March 7, 1922. It was a letter to presidents asking their opinion of prohibition "in theory and fact," after observing it in operation two years. This approach, while limited, was significant as to official attitudes and opinions. Answers were received from 158 college and university presidents in 40 states. Of these 136 were distinctly favorable, 10 non-committal or indifferent, and 8 unfavorable; 4 were favorable to the theory, but critical of enforcement measures. The replies showed analysis of varying conditions. Almost universal was the opinion of the presidents that drinking was less than in pre-prohibition days, including several who were opposed to prohibition. "The whole problem of discipline has been both simplified and lessened," wrote the head of a great school of technology. A New England university president, in a state that did not ratify the Amendment said, "There is less drinking by students in this part of the country than ever before in the history of man."

A survey of college deans, April 20, 1922 by Professor F. S. Southworth, brought answers from 471 of the 486 addressed. Of these 308 reported that there had been no increase in the consumption of liquor under prohibition, 134 reported a marked decrease, 16 that there had been no drinking before or since, and 13 that there had been an increase. Professor Southworth concludes, "Over 95 per cent of the colleges with over 87 per cent of the students thus reported a marked decrease or at least no increase, and of those reporting an increase not a single one attributed it exclusively to prohibition."

A Fraternity Survey

To obtain a direct expression from students Dr. Samuel Plantz, President of Lawrence College in 1923, sent 12 questions to 500 fraternities in 350 colleges in all parts of the United States. "To my questionnaire," he reported, "I received 112 replies. Of these 62 said there had been a decrease in the use of intoxicating liquors since prohibition; 14 said there had been no decrease, 9 said there had been an increase, 7 said they did not know, and the rest gave no answer. The 30 who claimed an increase, or no decrease, or that they did not know were in large universities mostly in the East and South, although the far and Middle West were represented.

"To the question about what proportion of the men in your institution, according to your best judgment, use intoxicating liquors, 33 gave 10 per cent or less; 16 gave between 10 and 30 per cent; 17 gave between 40 and 50 per cent; 5 gave between 50 and 60 per cent, and 14 gave between 60 and 90 per cent. In the higher percentages it was usually added that this meant not habitual drinkers,

but those who indulged occasionally as at banquets and jollifications. It will be noted that the information derived from the fraternities is not nearly so favorable as that derived from the college deans and presidents; and I do not know that it is nearer the facts."

"Frats" Rule Out Liquor

Explaining the background to his survey of fraternity opinion President Plantz said, "College drinking in the past has been largely in the homes of fraternity men, where it was considered quite the thing to flavor their good times with liquor. Not infrequently there were orgies of drunkenness, almost like the German university *kneipe*, to celebrate a victorious football season, a homecoming, or some important college event which the boys wanted to honor. The drinking student was not a *persona non grata*. But this has been largely changed. In nearly all colleges, the frats have rules against bringing liquor into the houses and about members being found in a state of intoxication. Often these rules are enforced by fines, usually from five to twenty-five dollars, and sometimes by suspension or expulsion from the fraternity. It is now felt to be a disgrace to have a drunken spree, or to have drunken members.

After checking his survey of fraternities with those among deans and presidents and a wide clipping of newspaper reports, Dr. Plantz concludes that in the great majority of our small colleges, so-called, there is very little drinking; that in our large institutions there is a great deal of drinking on particular occasions, but that in some of these sentiment is changing.

Problems of the Period

After 1920 many students shared with others the impression that on the liquor problem little remained to be done. But as the difficulties of enforcement, the changes implied in social customs and conduct became clear, and illegal dealers extended their technique for obtaining profits out of bootlegging, moonshine, and other old and new forms of illegal traffic, renewed interest became active. This naturally took opposite forms: (1) Support for the outlawed customs, evasion and disregard for the new laws; (2) Support of the new regime, discontinuance of old traditions and customs, and efforts to strengthen public, and especially college opinion toward non-alcoholic sociability and law observance.

The picture of what happened in the colleges under prohibition has two sides both of which contain facts and truth in varying degrees.

1. On the one hand was the drinking, at first surreptitious, later more open, the purchase of liquors by fraternities and clubs from bootleggers, pocket flasks at celebrations, games and dances. Much of this put into new forms, practices and customs of the old saloon days. The newspapers of 1921 to 1930 were full of sensational reports about student drinking. The stories of carousals on the trains carrying students to inter-university games, federal agents in the guise of college fans, students within an auto drive of the Canadian border who helped pay college expenses by importing and bootlegging, were spectacular news features of the period.

Constructive Activities

2. On the opposite side, with little or no publicity, but widespread in fact was the action taken by students themselves. At the University of Illinois, October, 1923, a meeting of 3,000 students voted to sustain prohibition, oppose drinking, and petition alumni, in anticipation of annual homecoming games, to leave hip-pocket flasks home. A declaration, signed by students, was sent with the usual invitation to alumni. The *Illini* wrote, "We want to look back on the Homecoming not only as the best in spirit and crowds, but as the cleanest." Student bodies at three other great universities took similar action as to their own practices and those of the "old Grads."

A Yale meeting of 2,000 in 1923 in behalf of liquor law observance was sponsored by *The Yale News*, with Admiral Wm. L. Sims, the speaker. The February 8, 1924, *Yale News*, stating editorial policy, listed as "No. 1," "The 18th Amendment should be strictly enforced throughout the university."

A national student conference with delegates from eastern universities in 1923 called on student bodies throughout the country for positive expression of opinions on the question. Approving this action, the *Brown University News*, January 22, 1924, reported, "Already over 100 important educational institutions have voiced their approval of the enforcement of the 18th Amendment. Brown University should be added to this continually increasing list," and *Hoya*, Georgetown University, Washington, D.C., editorially challenged collegians to set a national example, saying "The work might well begin in our schools, colleges, and universities." A Princeton student forum after a two-hour discussion voted support, 192 to 42. The University of Pennsylvania class of 1925 voted dry festivities for Junior week, the secretary stating that this voiced "not only its policy but that of the entire student body." At the University of Michigan a constructive program sponsored by student leaders in anticipation of the Junior Prom, included a conference of representative students, a mass meeting with student speakers, and the cooperation of fraternities. "The campus was so dry," said the *Michigan Daily*, "that they had to get out the lawn sprinklers." A straw vote by the *Daily* "showed comfortable majorities against repeal, against sale of beer and wine and in favor of strict enforcement."

At Illinois College, the student body put the college on record as opposed to the current jokes on drinking in the movies, on the stage, and in student, and other publications. It expressed strong support of the laws and sent the statement to President Coolidge. Three fraternities at Rutgers filed voluntary statements favoring prohibition and expressing intention to do all in their power to stop the use of liquors in their groups and the college. Every fraternity reported regulations against liquor. The student self-governing body

at the University of North Dakota took action against illegal selling on the campus, reported violators to the officials and the fraternities cooperated. Massachusetts State reported a decided growth in student opinion against drinking, the movement originating in one of the fraternities. At Kalamazoo College in a student referendum of 300 votes, 3 were for repeal, 64 for wine and beer modification, and 263 for a stricter enforcement. A mass meeting of 2,000 women at the University of Wisconsin voted opposition to drinking. They circulated a petition to Federal authorities for action against the sources of intoxicants for students. Mt. Holyoke student referendum expressed college opinion as opposing student drinking and favoring prohibition; 765 votes were cast, 82 per cent of the student body. Results: 669, 88 per cent "dry"; 53.7 per cent, favoring wine and beer, and 41, 5 per cent "wholly wet." The Russell Sage student governing association took a "decided stand against violation and use of intoxicants at social affairs." At Michigan State Normal the 450 men in a student body largely women took a collective pledge of abstinence.

Student Bodies Act

The idea of student women drinking hardly existed. A poll of 100 college editors, July 17, 1926, indicated "that drinking among students has declined in recent years" in the opinion of the majority of student editors. In one university five fraternities put out of chapter houses visiting alumni who brought in liquor. At Carnegie Tech, the Student Council recorded itself as favoring the 18th Amendment. The Student Council at the University of Arizona took action against booze parties, a student found drunk to be expelled. At Macalester College, 425 students in assembly voted to let their anti-liquor attitude be known in no uncertain terms. The Wooster College self-governing association voted a \$25.00 fine for first offense drinking, and dismissal for second. The Indiana Interfraternity Association voted unconditional support of the 18th Amendment. At the University of Southern California, the 1925 Washington's Birthday celebration, 3,000 attending, adopted a resolution for prohibition and for student action against disregard of the law. Penn State Student Council, 50 members, representing student body of 3,400, heartily endorsed the public enforcement officers. Dartmouth governing body announced that it was "Vigorously opposed to drinking in Hanover and wherever the name of Dartmouth is concerned." A University of Tennessee men's mass meeting voted, "Not to tolerate drinking by students at public or private social functions." Denison student association, 1,000, expressed hearty accord with the law, condemned all attempts to violate it on the campus or country at large. Brown University, student governing body, "Emphatic and vigorous opposition to bootlegging and drunkenness." Washington State association of students recommended to the administration the expulsion of students having intoxicants in possession or under influence of such. Brigham-Young student body,

1,100 voted, except 1 per cent, favoring the 18th Amendment. The University of Nevada *Sagebrush* reported, "It would be safe to say that approximately 3 per cent of Nevada men drink. . . . In four years of observation I have known only five women out of a student body averaging 700 who drank."

At Wesleyan University "The college authorities state that there has been an entire change in the attitude of the students and the faculty toward drinking, so that at the present time, 1924, they have only about one disciplining case a year in a body of 600 students. And for a student to be known to drink liquor at all is immediately followed by serious disciplinary measures. . . . There is, however, some clandestine drinking, especially associated with returning alumni and the fraternity life."

National Student Conference

A student conference at Washington, April 5-6, 1924, was the culmination of a series of student citizenship conferences throughout the country during the previous eight months. It was attended by 155 undergraduates representing 80 colleges, from Texas and Colorado to New England; subjects discussed were "The Situation in the Colleges Today," "Shall the 18th Amendment be Nullified by a Law-defying Minority?" "Shall the Law be Modified, or Repealed?" and "Can a Government of Free Men Secure Obedience to Laws Legally Passed by a Majority?"

The theme of the conference was "Law Observance." Its aim was to formulate and give national expression of the average opinion of students at that time. It took strong stand and support of existing laws. An observer, listening to the student discussion, said: "The most disheartening thing was to hear the undergraduates discuss the problem of the bad effects of the Alumni when they came back for reunions, social events, and the big games. The average undergraduate is a more law-abiding citizen than the average father or older brother."

Marked Decrease in Student Drinking

A newspaper survey in 1924, reaching two responsible sources in each college, the President of the Student Body and the leading Dean, was made among 224 colleges and universities. This survey sought reliable information that would contrast conditions before and after the adoption of national prohibition. The question as to drinking by students was answered as follows: More, 5; less, 128; never a problem, 90. The question as to law observance by students: Better, 107; worse, 14; never a problem, 97. The conclusions were that student opinion was strongly in support of prohibition; that the use of liquor was on the decline; that better enforcement was demanded.

The representatives of a large book company constantly visiting colleges, said in 1925: "Boozing is decidedly not popular on the college campuses today. College sentiment is against it. In many

universities it is emphatically taboo, not because the faculty forbids it, but because student leaders themselves will not have it."

On the whole, it seems clear that there was a decided reduction in the use of alcoholic liquors in colleges during the first six or eight years of national prohibition; but that the situation was less favorable after 1928.

There can be no reasonable doubt that drinking and drink customs were more nearly absent from college life between 1918 and 1930 than at any other period in the history of the country.

V — REACTION BEGINS

Between the years 1929 and 1933 questioning of the situation under national prohibition became sharp among students, as elsewhere. In the colleges it related to stricter or modified enforcement, lesser degrees of prohibition, such as permitting malt liquors, or repeal. Law evasion, bootlegging and rum-running, rather than drunkenness, were the spectacular factors in the experience of the young men and women of this period. But little change occurred in student drinking; attitudes were changing more rapidly at first than practices.

After 1932 indications that college students were rapidly shifting their support from prohibition, where it had remained in general until the last, were shown in a survey made by J. H. Barnett with the cooperation of experts and college authorities. This test of opinion included 409 of the 426 accredited colleges at that time. A questionnaire was sent to each fifth name on the Senior class lists. The returns, 3,250, constituted 40% of those sent out and showed that by 1932 Seniors in the ratio of 2 to 1 opposed prohibition or favored changes equivalent to reversal. This change corresponded, doubtless, to that which had occurred throughout the country.

It is significant that, whatever the reasons, this ratio was in striking contrast to the attitudes discovered by Professors Mott and Cortright in 1926, after the first six years of prohibition. The survey of Dr. Mott, University of Chicago that year, concluded that 88% of 7,800 students in typical colleges favored the national liquor banishment.

The Barnett survey brought out, also, that changes were taking place in *drinking practices* as well as thinking in this transition period. Drinking was spreading, but not at all as rapidly as wet student opinion. For example: "Of the 1,280 males who drink, 328 list themselves as drinking once a week or more frequently, and 74 out of 309 females who drink, list themselves as drinking frequently. This gives a total of 402 Seniors drinking once a week or more frequently out of 3,250 who replied. This group is 12 per cent of the total, which is a relatively smaller proportion than has been commonly accepted as representing the facts." Or, briefly, in this last and very worst year of the prohibition policy only 1 out of 8 college students were drinking as often as once a week,

while more than 50 per cent were non-drinkers. To this may be added that the reports "reveal that Seniors who drink relatively infrequently are apparently anxious to be considered drinkers."

College Deans in 1930

It is significant to note opinions of college deans in 1930, on the edge of the repeal movement, who had been continuously in college as students or teachers both during the saloon and the prohibition periods. They probably more than any other group had, first-hand experience on which to base conclusions. Representative statements, omitting colleges in which drinking problems were few in both periods, are as follows:

"There is much less drinking among students than there was fifteen or twenty years ago. But the results cause more comment," said C. J. Sambower, Dean of Men at Indiana University. "Out of a student body of four thousand not more than one per cent are habitual drinkers. Moreover, drinking among students is declining. The amount at present is distinctly less than it was five years ago."

At Illinois, Dean of Men, Thos. Arkle Clark, said that drinking in saloon years was "much more general" and "much less talked about." The saloon was the rendezvous for large numbers who made it a week-end loafing place. He adds, "Not many students learn to drink after they come to college."

"There is perhaps more talk about drinking in colleges now than twenty-five years ago," said President Arthur S. Pease, of Amherst, but "the frequency and degree of drunkenness has been greatly reduced." Dean William L. Machmer, of Mass. State, on the strength of his connection with the student discipline committee for thirteen years said that conditions were better in 1930 than in 1920, adding: "A drunken student is seldom seen on the campus. Our formal dances are so free from liquor that the administration does not view their coming with concern. This was not true before prohibition." . . . And "class and fraternity banquets now are absolutely free from liquor."

"During the eight years that I have been Dean of Men at West Virginia I have attended more than 300 dances. There is a steady decline in the number of students who drink at these affairs. . . . Now the liquor breath is a decided exception at even our big dances," said Dean H. E. Stone.

Prof. Clarence P. Gould, Western Reserve University said: "As a source of cases of discipline, drinking has fallen from a major problem to one that is almost negligible."

"Twenty years ago, when I was a student," said Dr. Charles J. Turck, then President of Center College, Ky., "the pasttime of drinking a man under the table was frequently indulged in. As one of the few abstainers, I regularly expected to take some intoxicated friend home and my expectations were seldom disappointed. I recall the surprise I felt when I first attended a 'dry' banquet, the 1910 national convention dinner of my fraternity. . . . Now there is some drinking of course, but the banquets are dry, the dances are dry."

Many presidents expressed similar opinions, usually with factual details. A questionnaire that year (1930) when prohibition was about to be repealed, sent exclusively to presidents of state universities and the larger colleges, brought replies from 31 universities. Of these 26 stated their belief that student drinking was not general and only one that there was more drinking during than before prohibition.

VI — RESURGENCE IN COLLEGE DRINKING

1932 and after

In the period of unrestricted distribution of liquors that followed repeal of the prohibition policy, renewed availability, changing social attitudes and other factors have resulted in wider and more popular use by nearly all segments of the population, including students, than can be found in any previous period. Individuals and groups that disapproved drinking in earlier years, as well as those formerly taking it as a matter of course, seem to have felt a sense of relief from social, moral, and legal restraint.

Never before in North America have young people been brought so fully into contact with free-flowing quantities of liquor and in so many ways as those now available, in the grocery, restaurant, roadside lunchroom, tavern, club, and hotel. Both new and ancient customs have gained influence. To drink has become "the thing to do." In the small and middle-size colleges and the many universities, this trend is in sharp contrast with the trend of the preceding half century both under saloon and no-saloon regimes. Drink customs are prevalent in church-related and other colleges where they had been taboo for generations.

A 1937 Survey

Seeking information on the spread of drink, soon after repeal in 1937, *The Literary Digest* published the results of a comprehensive study of what it called a "great boom in student drinking."

The report showed a wide drift away from abstinence and toward alcoholic sociability in conduct and in opinion. We read that 303 reports from colleges indicated that drinking had increased since repeal and 60 that it had not; 373 to 111 stated that liquor is more available in college communities than before; according to 267 sentiment is favorable to "temperate" drinking; 18, indifferent; and 185, "teetotal." In a word, "student drinking is on the increase everywhere" but with "relatively less drunkenness"; in 24 colleges drinking is acknowledged to be a problem and in 483 it is not so regarded; and "to drink as a gentleman" rather than heavily or not at all, is now the ideal. The conclusions reached were based on a questionnaire sent to 1,475 colleges, including in each faculty members and students, the head of the college, and the college editor. The 645 replies represented 581 colleges of every type,

sectarian and non-sectarian, large university, small college, and junior college.

Another survey of more limited range, but of scientific worth was made by Professor Paul Studenski, New York University, between November, 1936 and May, 1937. It included students, white collar workers, and settlement house youth in and near New York City, the largest share being college students. "Of the 2,379 persons covered in this study," said Professor Studenski, "83 per cent reported that they drank occasionally or regularly either hard liquor, or beer, or wine. Only 17 per cent were complete abstainers. No marked difference has been discovered between the percentages of drinkers among the young men and young women, respectively. This is rather surprising."

Reasons for Drinking

Reasons assigned for drinking were: Like the taste; makes one gayer and more entertaining; other people drink and one desires to be sociable; to forget trouble; to brace one's self physically.

In this survey, the overwhelming majority demonstrated lack of scientific information by answering that alcohol is a stimulant and that it warms one in cold weather. The majority were correct, on two questions: The uselessness of alcohol in warding off or curing disease and the lesser harm when consumed with food.

New Co-Ed Drinking Pattern

The outstanding changes that have occurred in drink customs, in the past twenty years, are those that relate to women. The rush of young women to observe the "cocktail hour" seemed to be greater by 1938 than the tendency of college men to drink. Certainly, for that period, it was more noted and spectacular. It might well be called the new drink trend of today. Of all the variations from the past, and the new aspects that mark drinking in these later years, none is in sharper contrast with the past or more unexpected. Quoting the *Literary Digest* (March 6, 1937):

"Coeds and women students in general have lost their moral revulsion against drinking. Women's colleges are most liberal because so many of their students come from cosmopolitan areas." Of 36 New England colleges, 16 men's and 6 women's were reported as wet; 11 men's and 2 women's as having occasional or no drinking. The proportion in New England of women's colleges thus "taking to drink" since repeal seems to be larger than of the men's colleges. In the Middle Atlantic states, "women's colleges are the drier group." In the South, where they are numerous and smaller, all report themselves as dry. Yet everywhere the "teetotal" idea "appears to be crumbling."

Prefer Strong Drinks

The increase among women students seems to be greater in the stronger liquors, especially cocktails, than in those of lower alcoholic content. Among the colleges of all kinds reporting, one-

third see "a great increase in beer drinking, two-thirds an even greater increase in cocktail and highball consumption." The tendency of girls to take cocktails rather than beer is explained, in part at least, by a woman's college president who says that "girls will never drink much beer, because they are afraid it will make them fat."

In the past the influence of young women was a restraining force against heavy indulgence by young men. Now they drink freely together. As a college editor expressed it, "Instead of holding men back, co-eds are saying, 'Let's have another'."

A Contrast of Ten Years

"A gala football crowd," wrote Dean Christian Gauss of Princeton in 1937, "has become an ideal setting for the drunken exhibitionist. In many universities the authorities have instructed their police to evict drunkards, yet almost never can one be evicted. The crowd's sympathies are with the drunkard; he has become part of the spectacle, the clown of the circus."

In contrast is the report of an incident at Yale in 1923: "While thousands crowded the Bowl for the Yale-Army contest, a youth stood erect from the crowd and tilted a bottle to his lips. Instead of envious glances that formerly accompanied such a move, there was a roar from the surrounding multitude. . . . Cries of "put him out" were heard echoing over the field. . . . A policeman suddenly appeared . . . the drunken boy and three companions were ejected . . . the crowd cheered the bluecoat."

In various directions it is evident that university authorities now often base their regulations on the assumption that intoxicating liquors among students are serious enough for consideration only when public disturbances result. The impression is that the amount consumed is best controlled by the pressure of the students against their friends who tend to become disgustingly intoxicated. This attitude is in marked contrast with that of the deans and disciplinary officials during much of the license and all of the prohibition period.

VII—A SURVEY OF THE SURVEYS

What is significant, if anything, about the prevalence of drinking customs in college? What can be gained in a constructive way from comparison of the attitudes and customs relating to alcohol in this special group during the three periods — license, prohibition, repeal — in the recent history of the United States? The following conclusions may stimulate further analysis.

College drinking customs and their consequences are not different from those found elsewhere in influential society. They are a cross-section, a spectacular exhibit of the day. Notwithstanding age-old traditions peculiar to college life, and the out breaks of drinking enthusiasm after the big games, among fraternity and in alumni groups, liquor is not "collegiate." Resort to it and dependence on it follow social, class, family and community patterns. But as a

feature in publicity student drinking has long been exploited as something unique.

Dignified and conventional social customs, more than any other factor, give alcoholic indulgence the continuing place it has in college life. This is evident from study of all three periods. The desire to share with others in what they are doing, not to be a "wet blanket"; to follow practices that seem to be approved and to avoid those that are disapproved by the social hostess, the upper class, the alumni or the leaders of a party is a dominating force with most people, young and older. The continuous acceptance of alcoholic pleasure in the face of scientific knowledge, experience and objective evidence of tendencies toward excess is due largely to customs that come down almost unconsciously from generation to generation.

For a hundred years after 1830, thinking people in the United States, Canada and Great Britain were increasingly critical of drinking customs. The ratio of non-drinkers and rare-occasion drinkers was increasing; that of frequent and steady drinkers decreasing. For twenty years, previous to 1930, liquor was increasingly disapproved. Less drinking existed in colleges notwithstanding heavy criticism of the legal restraint in the prohibition period than at any other previous period in the history of the country.

The present trend (1938) is a reversal of the trend of 100 years. It is toward a wider diffusion of use among larger numbers and greater regularity of use. For a comparable situation one must turn back, not twenty, or thirty years, but to the conditions that prevailed more than a century ago.

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"DRINKING IN COLLEGE"

(Continued from Page 44)

basic, whether their pre-college background and present inclinations are favorable to, opposed or indifferent to traditional drink customs.

For there are today two clearly marked trends—even cultures—in America as there were a century ago, however greatly these trends may have varied in degree of different periods of the past. The ratio of acceptance of drink, at present, is about two to one, as it was a hundred years ago. Yet it **has not always been so disproportionate.**

While drinking is now clearly in the majority, it does not follow at all, in the opinion of this reviewer who has been in position to observe wide variations through the years, that such a statement can measure realistically the college situation. For in addition to the abstainers, there are students—and faculty members—who may drink on rare occasions but are far from regarding themselves as even "moderate" drinkers. This survey classifies them as drinkers. They may accept at times for appearance, the custom, they regard as a nuisance. Some would be glad to help remove that cult from its position of prestige. Yet that one drink in the statistics, puts them on the drink-culture side. Inferences, therefore, about life attitudes of students who so often want "to try anything once," may well take into account the possibility of their becoming non-drinkers, as they face the responsibilities of establishing a home and sharing in community and civic leadership.

Some Points of Criticism

Apart from the material produced by the survey and the deductions from it, there are parts of this book that do not appear to be as objective and free from questioning. Much of the discussion of past controversies seems out of place in a book of this kind, partly at least because adequate space is not available. There have been, and are yet, wide differences of understanding—most of them with basic backgrounds, historical, scientific and experimental. There is confusion, of course, regarding the

problem and problems of alcohol. It only adds to this confusion to suggest, even indirectly, that it arises mainly from a fight between the "wets" and the "drys." There are many inferences in the first chapters of the book that seem to be the outgrowth of such a conception. To recognize that drinking is a social tradition does not at all mean that there is no other social tradition—or far-reaching trend toward change.

The historical sketch does not give proportionate attention to the really great changes that took place during the 19th century and the early years of the 20th. Chief among these was the growth of a new and positive non-drinking culture. For 1900, with backgrounds that went deeper than "the temperance movement," especially deeper than that part of it taken by the so-called "militant drys," there had grown up a great middle-class movement, with the cooperation of a few influential "upper-ups" and a small section of the labor groups, basically old-time American, that seriously questioned the total drink culture of those years. Beginning with the first reactions against hard-liquor drunkenness, in the early years of the Republic, and democratic in process, its influence spread far beyond the reach of its organized activities. By 1900 the frontier patterns of drinking had largely disappeared. Drinking, concentrated in the village, city, industrial and neighborhood saloons, and the patterns it then followed, were those that grew out of the malt plus hard liquor drinking of "the roaring nineties."

Into this situation there came—before and after 1900—a stream of three-quarters of a million immigrants a year, with European drinking cultures and family or other controls, that helped keep alive the customs that had begun to lose standing among the descendants of the pre-revolutionary "native" Americans where drinking and selling were being questioned and increasingly abandoned.

Today, with 65% of the population above 15 years of age using alcoholic beverages, it is obvious that "the problems of alcohol" can come from nowhere except this

majority. Such a statement would be a platitude, except that the remaining one-third must carry their full share of the public ills that come from excess, drinking driving, ordinary drunkenness, alcoholism, and that part of juvenile delinquency that comes from drink-depleted homes and child-crowded slums. All of this, also, is to be seen in the social background that confronts college students as well as other citizens.

There are also various questionable references in these chapters to the educational activities of the temperance movement in the past. Most of such activity, of course, was initiated and led by men, women and organizations to reduce drunkenness and its consequences, much as citizens today seek education in the schools to reduce the dangers of automobile traffic. They wanted practical results; and they used, not only all the scientific material available, but added what is now called propaganda as emotional in content—hardly more so—than are the facts and films of today that portray road traffic smashups. However, since neither educators, speakers in the schools and churches nor many writers are now using all the scientific information of very recent years, there remains considerable reason for criticism—but not such ex-post-facto criticism as is sometimes cynically applied to the pioneers of education on the alcohol problem.

There are other details also that may properly be questioned, but no book can be perfect, nor does its value depend on the degree to which it agrees with others interested in its subject.

Concluding Statement

The significance of this long-needed book, "Drinking in Colleges," particularly of the survey and its interpretations, is very great. First, it brings out the evidence that student drinking is really little or no different from that of other younger groups—just more newsy to reporters and readers of newspapers.

More vitally, it becomes clear from the first-hand study here made of drinking in this particular group of young adults, that the attitudes, philosophies and practices of the home—especially the practices of parents and their associates, are the decisive factors in the

majority of cases. The fashions and gangs of high school, and the social groups, fraternities and alumni of college all have a share—but one that usually is secondary to the impressions gained at home.

Thus the book goes to the tap-root of all alcoholic patterns, enjoyable and disastrous and both pro and con. It brings to the front this basic source or aspect that research, education, and those who seek changes can no longer ignore.

Social Drink and Life

By PATRICIA RILEY, '54

Cornell College, Mt. Vernon, Iowa

WHAT IS LIFE TO YOU? Is it adventure in each new milestone, excitement in each new thought and a challenge to succeed? Or do you go about your daily tasks liking some, disliking others, worrying about your little affairs and then taking a week-end fling to get things off your mind? Maybe you and your friends get together over cigarettes and a good stiff drink which loosens tongues and brings laughter making the party a success. But, why is it a success to sit, just sit and talk about trivial little matters which amount to so little? The people in the world are getting soft and deterioration will follow. We sit and forget about the world situation but what do we do about it. DO!! Why should we do anything, the fire's warm and the wine's good. Bottoms up!

As Theodore Roosevelt said, "Men and women are the products of their leisure time." Today its significance faces us with great chagrin. How much of the leisure time do the people of the United States spend in social drinking? An estimate may be made by looking at the amount of people who use alcohol. Out of the 100,000,000 people of drinking age 55,000,000 use alcohol to some extent.¹ This means that half the people in the United States are spending at least some of their leisure time in social drinking. It wouldn't be so bad if this half were all moderate drinkers but, of the 55 million, 3,750,000 are excessive drinkers. This 3 mil-

lion spends more than a little time with the bottle and the 1,500,000 addicts do little else.

Now, why does it matter if people drink or not, especially socially, as the majority do? It's not the majority of reasonably good and respectable people one worries about but the minority which are continually groping and grasping and pulling our society down. It is the ignorance and weakness which can never be completely overcome that bring the danger. There are so many people in this world who are emotionally unstable and unable to meet the demands of adult society. This feeling of insecurity and weakness of will makes them turn to any vice which will give them a sense of security. Religion may give assurance for some and alcohol for many. Religion gives the individual a feeling of significance through being a part of something big while alcohol hides the person's inadequacy in the oblivion of his weakness. Often these people begin drinking socially to be "one of the boys" and obtain the feeling of belonging that they need. Both the drink and the comradeship for a moment blot out the sense of littleness and aloneness. They don't realize that these effects are due to alcohol in the blood stream which soon enters the brain. Neither do they realize the ease with which the habit is formed nor the physical and mental deterioration that follows. Their psychological needs are solved temporarily and at the same time their physiological needs are being neglected and the result may be a human wreck.

There are 1,500,000 addicts, of these, 750,000 are suffering from the disease of chronic alcoholism. It's not the mere fact that the 55,000,000 people are drinking; it is the effects and the reasons for drinking that are against it. Our country was founded on Christianity and the respect for the individual. Not only are these individuals destroying themselves but also other people are destroyed by accidents in family life, in transportation, and industry which are caused by the decrease in reaction time, peripheral vision, and other motor and sensory functions.

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THE
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STUDENT

--And Digest of Alcohol Studies

In This Number

SHOULD EDUCATION RELATING
TO THE PROBLEMS OF ALCOHOL
INCLUDE THE TRADITION AND
SOCIAL CUSTOM OF DRINKING?

Basic scientific and educational
information by high experts to
take into account when seeking
answer.

HURON COLLEGE, UNIVERSITY OF WESTERN
ONTARIO, LONDON, CANADA. See page 104.

"Democracy
is something
deeper than
Liberty; it is
Responsibility"



THE INTERNATIONAL STUDENT

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HARRY S. WARNER, *Editor*

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The Social Pattern

By George T. Harding, M.D.

A PROBLEM of tremendous importance to young people is the dominant social pattern of our times which includes the social pressure of the group to accept social drinking. The importance of this particular pressure is increased by the fact that it comes at a time when the young person is least prepared to meet it.

I have talked to hundreds of students in the University who have told me that they are opposed to drinking, that they accept alcohol only because they are unable to resist the social pressure of their group. Unfortunately, the individual who finds it hard to be in the minority, to resist the pressure of the larger group, is too often the one least able to resist the tendency to become alcoholic. It is the exciting, stimulating, pleasurable surroundings of college drinking, even when it is done in moderation, that makes it a particularly dangerous influence in later life when individuals unconsciously try to recapture the thrills and excitement of their youthful pleasures and to recall the romantic atmosphere of the fraternity or sorority party or dance.

Dr. George T. Harding is Professor of Clinical Psychiatry at Ohio State University and Director of the Harding Sanitarium, Worthington, Ohio.

The task of changing social habits is no small one; it cannot be accomplished by force alone, or by law alone, because the sanctions which make people feel comfortable in their habits exist in their own groups, and they do not care what outsiders think of them.

—Dr. John Dollard, *Alcohol, Science and Society*, 101.

Origin Of Drink Culture

IN THE PRIMITIVE world, before men had learned to grow their own farm crops, some of the tribes lived on grain from wild grasses. The people learned to harvest this grain and store it for winter. . . . The grain frequently got wet . . . alcohol formed . . . fermentation.

When the tribes people began to eat their stored-up grain, they sometimes found that it tasted strange—probably unpleasant. But they had to eat or starve; so they ate it. This strange-tasting grain had a strong and peculiar odor . . . also remarkable effects on those who ate it. They became exhilarated and forgot their cares. They grew groggy and sleepy. When they awoke the next morning they had tremendous thirsts for cold water.

Thus did the ancient grain-eating races discover alcohol. In other parts of the world people used fruits as a main part of their diet. They gathered and stored fruit. . . . The people who ate the berries or drink the juice in the bottom of the containers felt the same effects as those who ate fermented grain. The taste and odor seemed bad at first, but the people got used to this slight unpleasantness. The strange and exciting effects of the fruits and juices seemed so enjoyable that people developed a liking for them.

—**Alcohol and Human Affairs**, by Wollard R. Spaulding and John R. Montague, World Book Co.

When prehistoric men ceased their nomadic wanderings and settled down to cultivate the soil, they began to use more grains and fruits as food. They invented pottery; they learned to store supplies for winter and periods of scarcity. Stored food sometimes got wet; fermented; from it came strange feelings that were different from those that followed eating the same food when fresh. After frequent experiences they discovered ways by which these results could be obtained at will. . . . The peculiar pleasure of these drinks they learned to reserve for celebrations.

—**The Liquor Cult and Its Culture**, Harry S. Warner.

Origin Of American Drink Customs

HABITS AND ATTITUDES do not arise fully formed out of thin air; nor, contrary to a good deal of popular opinion, do they appear as a result of single events or the wise words of a great leader. Rather they emerge through generations of trial and error, out of the forms of behavior, theories, organizations, and needs of the surrounding society. American drinking customs and beliefs are no exception to this rule. They were brought to this country by the first settlers, and have been affected here by changing political, religious, economic, military, philosophical, and other factors. Later immigrants from different countries have brought with them their own customs and attitudes toward alcoholic beverages, some of them very different from the ways of the first settlers.—“Drinking in College”, by Robert Straus and Selden D. Bacon, p. 20.

Two Distinct Folkways In Modern Culture

By Vashti Ishee Cain

TO MANY PEOPLE drinking is a folkway—a customary way of behavior which members of society accept and follow without conscious thought. Eating habits, language, and choice of clothing which characterize a particular group are examples. Folkways operate in both a positive and a negative manner. When an individual is induced to act in a way acceptable to his group, the effect is positive; but when fear of acting in an unacceptable manner is created within the individual, the effect is negative.

Once a group has adopted a folkway, it is accepted as a normal, natural thing to do and no consideration is given to its consequences. Most folkways have no poten-

An excerpt from "Backgrounds To the Use of Alcoholic Beverages," by Vashti Ishee Cain, in the SCHOOL BULLETIN of the Mississippi State Board of Education, Sept., 1952; Mrs. Cain is Supervisor of Narcotic Education in the State Board of Education, Jackson, Miss.

tial harm or danger, but the drinking folkway does involve danger, suffering and unhappiness.

In modern society two distinct folkways exist regarding alcohol. One is the common use of alcoholic beverages; the other is their rejection. . . . As great as are the problems connected with the folkways of drinking, there is also the possibility of social change. Social change is characteristic in the history of society, but it always comes slowly.

MIXED SOCIAL ATTITUDES

ON THE ONE HAND, it (the social structure) extols alcohol and builds up its manufacture and sale into a major industry exerting great propaganda power, encouraging its use by a thousand and one devices, such as making it almost synonymous with sociability, celebration and good fellowship, as well as extolling the capacity to drink as a measure of virility and organic worthiness.

"On the other hand, it punishes, mocks, and derides the alcoholic. Its stock source of humor is the drunkard or the man under the influence of alcohol and yet it builds up laws and societies which have for their aim either the lessening or the abolition of drinking.

"There is no such *mixed attitude* toward the use of any other drug, so far as western civilization is concerned."—Dr. Abraham Meyerson, Harvard; Quart. Journal of Studies on Alcohol, Sept. '44.

The Pattern And Youth

WHY THEN, does the high school boy or girl drink?" asks Dr. E. M. Jellinek, of the Yale School of Alcohol Studies, in a study of beginning drinkers, "Drinking in that age group means only one thing. It is the badge of superior age. It gives social distinction, the young drinker feels. In this pattern lies part of the problem."

This investigator indicated that only 10% of the cases in the study began as "lone drinkers" and that 90% started as social drinkers. "The problem is how to guide the young people when these choices of right and wrong with their accompanying social pressures arise."

Dr. E. M. Jellinek, Director for eight years of the Yale School of Alcohol Studies, lecturer, research specialist and author, is now Consultant on Alcoholism in the World Health Organization, Geneva, Switzerland.

How Social Tradition Operates

By Carl A. Nissen, Ph.D.

THERE ARE TWO ways of studying human life and behavior. One, that of the individual, was formerly used almost entirely, and still is used. This study of the individual as an entity in himself has achieved much. But when it is assumed that the individual represents all that there is to it, we raise an eyebrow. Because all one needs to do is to look around and see how people behave. The individual does not invent his behavior.

Behavior comes, largely, in patterns; these patterns once established show resistance to change. You may argue about them, lecture about them, point out facts about them, be logical about them; people listen, they are convinced—and continue to behave in the way they learned to behave.

Background Study Necessary

Society, therefore, should be understood from these larger aspects. Such study is similar to that given to modern farming. A farm may be improved, not only by finding better seed, but also by taking the sourness out of the soil, spreading lime. This does nothing to the seed, but it furnishes a better environment, a better rootage, in which to grow. Much the same is true of man, of any behavior or culture which we have inherited from the primitive ages.

Of course, there are many individual behaviors, individual peculiarities. Do you put on your left shoe first, or your right? That is an individual peculiarity. It does not matter, you get them on eventually.

Dr. Carl A. Nissen is Professor of Sociology at Ohio State University, Columbus. This article is condensed from a lecture, "Social and Cultural Aspects of Alcohol Drinking," at the Intercollegiate School of Alcohol Studies, Otterbein College, August 30, 1950.

But inherited behaviors are not as individual as that. For instance, I wear the approved kind of shirt, the approved kind of tie. The cut of the suit is the approved kind for summer, but there isn't a hotter suit in Columbus in hot weather. Suppose that a designer came out with a suit that had been scientifically designed to give the proper warmth as needed—and no more—who would buy it? Who would wear it? The same is true of our language. We have ways of spelling that are incomprehensible to those who have learned another language. I learned Danish first. When I went to school the boys taught me English words; my father would not let me use them at home. Spelling customs, speaking customs, eating customs, such as use of the fork—there are no why's for these behaviors; they are just behaviors learned from the past. We don't question them, we accept them, use them. That is the most satisfactory way about much of life.

The Drink Tradition

Drinking behavior is something like that. It came to this country with our ancestors. About 80% of us have ancestors who in Europe lived in a culture in which people used alcoholic beverages. When they came to America they brought their habits, their manners and their drinking customs with them. In Europe each group had also its definite controls. They brought these controls also with them. But in America they did not have the cultural community that could support the controls; so the controls could not be handed on to their children in the way that their parents had received them in Europe. Consequently, as the parents would say, it was better in the old country. Much of the drinking behavior had been transplanted from one culture to another, but not the controls over that behavior.

Culture Comes Mainly by Diffusion

There are two ways in which our culture comes to us; by invention and by diffusion; ninety per cent of it is by diffusion or borrowing. But when a trait, an item of a culture, is moved from one society to another, it loses some of its meaning; part of it is not carried over. Among the American Indians, one tribe engages in the

Sun Dance to cure a plague; another, not far away, to bring rain; another only for pleasure. The pattern of behavior can be transported but not the meaning or the attitudes toward it, or the controls over it.

When European drinking patterns came to America, to a place where there was little or no community support for the controls and attitudes that prevailed in the older country, the children would drink without regard to the limits that were habitual with their parents. In addition, on the frontiers there is a tendency toward extremes, whether in lawlessness, drinking or religious revivals. On frontiers people tend to go to excess. And among the early settlers the frontiers were rural areas.

Frontier Shifts to Cities

But after 1880, when the land had been settled, the city became in a way the frontier. Rural areas were no longer frontiers. The cities came to receive most of their growth from the country. Big cities in the United States do not produce enough babies to maintain their population, let alone growth.

These migrants from the country bring their country ways of behavior into the cities where they do not fit well—about as well as a second hand suit. They never feel quite at home until they take to city ways, which are hard to take on without going to extremes. Because, how do the new arrivals know how far to go? Take a poor person who suddenly inherits money from a rich uncle and tries to live with the wealthy. They say he doesn't know how to behave. Of course not, he hasn't been reared there. Rural people moving into the cities and European peoples moving to America, don't behave properly. Some little item of behavior, at least, is in error.

In the city each individual has his own job and interests. The city man does not own his job, as does the country man. He does not have the security that he had in the country. Frustrations in city living tend to lead toward seeking substitutes in place of the wholesome living of the country. One of these is drinking, a constant, sometimes not very serious, but definite drain on earnings.

Another push toward drinking in the city, especially to those who seek to "be somebody," is the desire to associate with others. Nobody likes isolation; it works better in penitentiaries than corporal punishment. The city man can't take solitude; he likes to associate intimately with people. To get acquainted takes time. The sparring around to get acquainted can be reduced by two or three highballs. Socializing starts right away; there is an instant release for personality needs.

All behavior has an interpretation or meaning. Why do men wear neckties? They don't keep us warm, or make us look much better. We give all sorts of reasons, some silly, but they are reasons. What is the reason for drinking? Some say because they want to. But why do they want to? All that answer does is to push back the reason one step. One says, he drinks because it adds to health. Some people believe that. We have songs, poems, stories, plays, jokes about drinking, many of them supporting drinking. And **many of us who don't drink sing the songs**, tell the jokes and so, by constantly recognizing and maintaining this rationale, we give support to that which we conscientiously do not want to support. This indicates that the cult of drink is deep in our culture and society, and that it is not easy to get rid of it.

Upper Class Prestige

There is another factor. People in all cities will say they have no social classes; in this city everybody is alike. Yet, in every city that has been studied, social classes have been found. Let us divide the familiar upper, middle, and lower into six classes: The two upper groups constitute about 2% of our population. The upper-upper are the people of old wealth, the people who have been in families of distinction for many years. The lower-upper are people with new wealth, the people who want to be somebody; they have wealth, education, everything—but age of family. They are painfully aware that their great grandfather was a butcher or tradesman. Upper class people are respectable because whatever they do is above reproach. You don't correct the behavior of

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How Social Attitudes Lead To Alcoholism

By Andrew C. Ivy, Ph.D., M.D., D.Sc.

IF YOU could see the letters I receive from the friends of alcoholics, listen with me to the pleading of a mother or wife that something be done for her son or husband, to the alcoholic himself, as he seeks to be freed from being a millstone about the neck of his family, you would realize that alcoholics are sick people, not criminals: **that they have been produced by a social attitude** for which you and I are partly responsible, and for which society at large is entirely responsible.

Alcohol produces alcoholism because it is a narcotic. It is not a stimulant. It causes a diminution of inhibitions and causes a feeling of well-being; that is the reason why liquor is consumed by the moderate drinker and alcoholic.

Morphine and cocaine are more habit-forming than alcohol. Morphine is so strongly habit-forming that the most susceptible persons will form the habit after 3 or 4 doses and the most resistant after 20 doses. The continued use of barbiturates, widely employed in medicine for sedation, may result in habit formation or dependence in susceptible persons. The barbiturates are considered dangerous enough to many states to be restricted for sale only under a physician's prescription.

Causative Factor

This point regarding the narcotic and habit-forming property of alcohol should not be forgotten. Some argue that a person who becomes an alcoholic addict is a weakling, from heredity or training and experience before he becomes an addict. Such a view would relieve alcohol

Dr. Andrew C. Ivy, Vice President of the University of Illinois, is in charge of the Chicago professional colleges, professor of physiology and head of the department of clinical sciences. Condensed from "Liquor and the Individual." THE CHRISTIAN ADVOCATE, Chicago, Feb. 12, 1948; used by permission.

from being the causative factor of addiction, and that is not tenable. The evidence shows that, as far as we know what constitutes normalcy, perfectly normal people can become addicted to alcohol. Also, there are probably as many nonalcoholic neurotics as there are alcoholics.

Primary Addicts

In many cases alcoholism is a disease like morphinism; in other cases alcoholism is a symptom of a disease. According to one study, 40 per cent of alcoholics had a psychopathic personality, mental deficiency, psychosis, or epilepsy, and their drinking appeared to be symptomatic of the disease. In a few instances true addiction was present where life was tolerable to the patient only when drunk.

Addiction from Social Drinking

The largest group consisted of secondary addicts, or patients who became dependent on alcohol because of repeated social drinking. Prior to addiction the patient was a reasonably well-adjusted social drinker. Then situations arose which were followed by heavy drinking and alcoholism. And the simple fact should not be forgotten that each of the 750,000 alcoholics and 3,000,000 excessive drinkers began his or her experience with alcohol as an occasional social or moderate drinker.

There is no way to tell in advance which one out of every 15 or 20 social drinkers will become an excessive drinker or addict. We have no way of predicting who is susceptible or resistant to the formation of the alcohol habit. Addicts come from the educated and the ignorant, the rich and the poor, the clergy and church members as well as among criminals. This is a very important research problem. If we knew the answer, we might help prevent alcoholism. But on the contrary, we might not, because the susceptible people might drink regardless of the warning.

Availability as Source

At present there is no single explanation of alcoholism. It is not limited to any one type of individual nor any single cause, except the availability of alcohol in society. Of course, it is frequently said by psychiatrists that al-

coholism is a symptom of maladjustment. If so, a person who **drinks for an effect** is maladjusted; and a person who **thinks he has to drink in response to social pressure** is maladjusted. The maladjusted feelings most commonly reported by alcoholics are a feeling of insecurity, rejection, inadequacy, frustration, nervous tension, or boredom. These feelings, however, exist in many nonalcoholic persons.

Though the narcotic action of alcohol is the primary cause of addiction, the frequency of addiction in a population or race is related to the social attitude toward drinking. This fact is strikingly and tragically demonstrated by the following fact. Prior to 1931 there were five male to one female alcoholic; since 1943 the drinking among females has increased to such an extent that the ratio is now two or three males to one female. The social attitude against drinking, like smoking cigarettes by women, has changed since 1930; as a result the narcotic action of alcohol has had more free reign among females, and the frequency of women drunkards has markedly increased.

Results of Social Attitude

This, as well as other evidence, shows that alcoholism is not only a problem of the individual but is unequivocally a consequence of the social structure and attitude of society toward drinking. There is obviously something wrong with a society that spends only three billion a year to educate and awaken the brain and nine billion a year on alcohol to impair the brain and to put it to sleep.

Another paradox is the attitude of our people toward alcohol as a public health problem. All agree that the beverage consumption of alcohol is one of our major public health problems.

In our country today, according to reliable estimates, there are 3,000,000 excessive drinkers whose lives will be shortened, 750,000 chronic alcoholics, 600,000 persons with tuberculosis, and 500,000 with cancer. We spend nine billion dollars a year on the production of 750,000 alcoholics and 30 million a year to prevent and treat tuberculosis and cancer. We spend nine billion to produce a disease and only 30 million to prevent and treat two major diseases.

It is strange that alcoholism is the only disease where it is considered illogical and unethical to annihilate the cause. To prevent malaria, we destroy the mosquito; to prevent germ disease, we kill the germ; to prevent small-pox, we vaccinate. But to annihilate beverage alcohol is considered an infringement on one's personal liberties.

A real cure of alcoholism does not exist. The disease may be arrested by treatment in those who really desire that it be arrested. But the accumulated evidence reveals the tragic fact that once an alcoholic always an alcoholic. **Complete abstinence** is the only way to prevent a relapse.

Prevention can be attained by prohibition of manufacture and by education. Education is obviously preferable and must be continued with or without prohibition. The only sure method of prevention is abstinence.

Natural Living vs. Drug Customs

The most basic consideration is to teach that natural living is the best life has to offer, that the use of drugs is dangerous, and that real satisfaction in life comes from facing and not evading the realities of life.

Such teaching must originate in the home by example as well as by precept, and be repeated in the school. It is a tragic fact that 70 per cent of alcoholics started drinking and first got drunk in their teens. It should be repeatedly emphasized that alcohol is a drug, that the alcohol habit is like a drug habit, and that one in 15 or 20 social drinkers forms the habit.

We send many to mental hospitals when they become insane, but spend relatively nothing to prevent the insanity. We spend millions for tribute to alcohol and only a few dollars for defense against it.

It must also be recognized that education for intemperance must be counteracted. The advertisements lead the young to believe that if one does not drink whiskey, one will never become a man or woman of distinction. Moving pictures show the heroine drinking. Stores advertise cocktail gowns.

There will be a liquor evil to educate against as long as profit is to be derived from making a drinker out of a nondrinker, or by converting a light drinker into a

steady drinker. The evil will continue as long as magazines, newspapers, moving pictures and radio continue to present the most appealing advertising ever conceived at a yearly expenditure of \$75,000,000.

If we are going to prevent an increase in the number of excessive drinkers and alcoholics in our country, among which will be our own children, we must intensively educate and propagandize the fact that alcohol is a narcotic, that drinking is not smart, that a capacity to hold liquor is a dangerous gift, that intoxication is a disgrace and there is nothing funny about it.

Alcoholism Includes

Both Medical and Social Aspects

THE QUESTION of whether alcoholism is to be considered as a disease, is one that has been occupying the attention of many scientists, health experts, sociologists and leaders in preventive activities in recent years. An opinion, expressed by some, that it is merely one disease among others is disputed in the **Chronique de l'Organisation Mondiale de la Sante**, Feb. 1952, page 35.

This organ of the World Health Organization, states:

"The pathological character of alcoholism has been demonstrated ever more clearly by the research and the clinical studies of the last fifteen years. These works may have given the impression that all excessive consumption of alcohol is the expression of a pathological state. This conclusion is erroneous, for certain forms of alcoholic excess have, quite obviously, a purely social origin and effects and, for this reason, do not justify a medical treatment.

"Further, certain social and cultural factors play a part even in the etiology of the true malady, alcoholic toxomania. Prophylaxy and therapeutics must therefore, to a certain extent, invoke the aid of applied sociology. Sociologists and physicians who separate arbitrarily the social from the medical aspect of the problem, or neglect one of the two, compromise the success of their own efforts."

Should Instruction Regarding Alcohol

INCLUDE CULTURAL BACKGROUNDS?

The approach to the question that relates to the cultural background of drinking is a sound approach. . . . In taking the position that a change must be made in that background in order to meet the problem, we run into one difficulty. The background is already set.

Therefore, in our attempt to build a new cultural background for future generations we must challenge the present student generation to break with the cultural background (that it has inherited). Such an emphasis, I believe, would be welcomed by students—Dr. Irwin J. Lubbers, President, Hope College, Holland, Mich.

I am very much interested in the proposal to study the "Social Tradition" of the alcoholic problem. If that is the main source, as studies seem to indicate, it would seem there is certainly a place for the Association to be doing some very serious study of that area.—A. Darold Hackler, Director, Wesley Foundation, Ohio State University.

I heartily agree that particular study be made and action taken regarding the social tradition of alcohol. . . . I had never thought of it in that light. Let us do all we can to stop the terrible effects of alcohol upon the life of the nation.—O. W. Moerner, Laurel Heights Methodist Church, San Antonio, Texas.

The collegiate movement is a natural one to promote understanding of the social custom and tradition of alcohol. Of course, this movement meets only a small percentage of the total population and something ought to be done to reach the millions beyond. . . . Even the colleges and the Sunday Schools hardly touch half of our population. I assume it is the other half which is doing most of the drinking.—Gould Wickey, Executive Secretary, Board of Education, United Lutheran Church in America, Washington, D. C.

I am glad that you are planning to give increased attention to the study of the social and traditional sources of the Alcohol Problem. A study of its social and traditional aspects will lead to increased understanding of the problem and its ultimate solution.—N. P. Parler, Department of English, State Agricultural and Mechanical College, Orangeburg, S. C.

Social tradition, upon which liquor advertising plays, is most significant, and I am all for having our organization (the Intercollegiate Association) face into it for study and action.—Carroll P. Lahman, Professor, Pasadena College, Calif.

What Education May Include

by Harry S. Warner

LOOKING FOR an approach to the problems of alcohol that will be educational, objective and impartial, various writers are taking the position that, today, a scientific attitude and a scientific program can render lasting service.

This trend, as now developing, is significant. It is bringing into the educational field of this problem—high school, college and the adult public—a sense of the fundamental need of better understanding, and of an all-over study of what “drink” means, its trends and consequences in everyday living. This growing interest in objective study and discussions should be supported and greatly enlarged. It should come to include all the major aspects of the problem and the creating of standards of evaluation. For out of such study, particularly in college communities, may be expected to come the philosophy, and much of the constructive activity of the future. Knowledge thus gained, convictions thus matured, and young personalities thus keen-edged by a desire for a frequent check-up of accumulating scientific research, may be expected to produce leadership in a new program that may justly be called scientific.

The All-Over Problem

Naturally, such a program of education will include an opportunity to study the Alcohol Problem as a whole, as well as its scientific aspects and its connection with other serious problems, as actually found in daily living. For the problem is much more than “The Alcoholic,” his tensions, his sickness, his rehabilitation. He is getting major attention, just now, but he did not come out of a vacuum. He is a product of the culture in which he lives.

For, as Dr. Donald Horton, of Yale, said, “There must be a social and cultural situation which provides occa-

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sion and some degree of permission before the neurotic can even begin the process of becoming an alcoholic." And, as Dr. Jellinek said, "There is the problem of alcohol as well as the problem of the alcoholic."

A balanced program, therefore, of education—or of action—on the problem will be comprehensive enough to include all the main problems and aspects as they are found in everyday living today.

Outstanding among these, are the following:

1. **The Drinking Driver**, an openly obvious, concrete and realistic problem that is fully recognized everywhere. He may be regarded, also, as a symbol of the avoidable source of danger that is brought into traffic, industry and daily living by the varying degrees of intoxication accepted—and enjoyed—by individuals and their social group.

2. **The Alcoholic**—the 4,000,000 of them, men and women, 900,000 of them confirmed drinkers who cannot quit if they want to; the "alcoholic sick" and the 3,000,000 heavy excessive drinkers, most of whom will die as such. They constitute probably the most serious and realistic of the various problems of alcohol.

3. **The Impact of Alcohol in Public Health**. The public responsibility for understanding and caring for these inebriates, setting up clinics, organizing hospitals, seeking the sources of the illness, identifying the factors that initiate and spread dependence on alcohol among unhappy, neurotic and immature personalities, is an imperative problem of modern public health, one of the four or five greatest.

4. **The Drunk on the Streets**—and what to do with him, is a continuous problem for the police and courts, for welfare agencies and clinics, wherever alcohol is widely used in a community. What to do with the stream of "repeaters," is the Monday morning question of judges; for only the jail is open to drunks, yet modern scientific study insists that they should have separate—and humane—treatment, not that of criminals.

5. **The Tradition of Drink**, of personal and social en-

joyment of the earlier stages of alcoholic effect, in the smaller amounts called "moderation," is found deeply embedded in the social customs and every-day living of a large part—perhaps one-half—of all Americans, and more than one-half of the people of other Western nations. Approximately one-half in the United States and Canada, accept and approve, but the other half, more or less effectively, disapprove the custom. Should not this basic factor in our historic alcoholic culture, be examined, studied, and evaluated to determine what share it has in the initiation and growth of alcoholism and alcoholics? With society so divided as it is, such study must be made with great objectivity, freedom from pre-judgment, and in the light of the best scientific knowledge available. Although a controversial question, this problem can not rightly be overlooked in an all-over study of sources and consequences.

6. **The Continuous Resort to "Drink"** by millions, for relief from tensions, strain, fatigue, in the more serious degrees of "escapism," or habitual dependence on alcohol for what it gives or seems to give, is a real problem with many who do not, or can not, recognize their danger. Their line of excess is not known until it has been passed. And it continues to be a line of danger; for no scientific research has been able to find it.

7. **Legal and Social Control** of the production and distribution of beverages containing alcohol has been a most difficult one for 300 years or more. The history of attempts to find effective ways is crowded with failures and half-successes, from the first license laws in England to the 21st Amendment. A great variety of systems has been and is being tried—restriction, limited hours, rationed sales, local option, state sale, state monopoly of sale, extremely high taxation as at present, limited and general prohibition, social group pressure, racial and class standards and restrictions—yet, with each alone, the trend toward drunkenness and its consequences continues. Now the basic idea in each system that has come out of rough and tested experience, should be combined into a more comprehensive over-all program than has heretofore received the test of experience.

8. Problems of Economic Gain. At present, public opinion both wants alcohol and rejects it. This social ambivalence is an outstanding characteristic of present-day culture. It is found in drinking society, itself, where conduct varies from the accepted group standard. Out of this conflicting situation comes an opportunity for enlarged profits that can be gained by advertising that obscures, or evades entirely, the questionable characteristics—the tendencies to excess—that are essentially latent in the anesthetic—or narcotic—appeal of the alcohol product itself. As a result, commercial promotion is capitalized to the Nth degree, by the most highly priced techniques of modern advertising. Appealing thus to all who are nervously disordered, to the immature, to unhappy youth and to adults with tragic experiences in later years, the alcohol industry has become an industry that exploits for gain the “kinks” of human immaturity. Alcohol, as a great university psychologist has said, is “the only degrading drug being advertised today.”

A program of education and constructive service, to be realistic in the actual situation of today, must be comprehensive enough to include all the main factors of the total alcohol problem, especially knowledge of the three chief sources:

- (1) Disturbed or immature personality.
- (2) The tradition of social drink.
- (3) The economic exploitation of the urge to drink without regard for consequences.

Study the Tap-root

There are deep-lying traditions and social pressures in the background of the drinking practices and excesses of today. These realistic sources of alcohol problems—the alcoholic,” the “drinking driver,” the “rowdy road-house,” the renamed tavern-saloon—should now be given their share of attention and study—both objective and critical. The social cult, out of which are coming over 4,000,000 alcoholics and inebriates—and additional “excessive drinkers”—has seldom received, either in our movements toward solution, or in scientific study and research, the attention that, fundamentally, it should have.

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HOW SOCIAL TRADITION OPERATES

(Continued from page 82)

upper class people: you correct your behavior by theirs. You can't criticize them; you may talk about them, but you can't hurt them with gossip because they are above reproach.

Upper middle class people constitute 10% to 12% of the population. They are respectable and have means. The lower middle class, about 25% to 28%, are those who are respectable but without means. Middle class people can be hurt by gossip, so they have to be respectable. The upper lower class, about 33% of the population, are the laborers, the masses as over against the classes. They are not as respectable as the middle classes. They give vent to their biological urges more freely than the middle class people. The lower lower are the bums, the people who have given up in the struggle of life. They have lost out in the race, they don't care anymore.

All of these people have manners and customs that are appropriate to their positions, including drinking customs. The upper upper drink socially as middle class people drink coke or milk. If you are accepted in the upper class, it's "Let's have a drink." They have rigid controls over excessive drinking. The lower upper engage in excessive drinking because they feel insecure. They are striving for a position which they do not hold; their children may be accepted by the upper uppers but they themselves are not, for the children know more about how to behave than do the parents. They take out their frustration in drinking, gambling, etc.

The upper middle class is very close to the lower upper. They associate casually; they do business together. Often the one wealthiest family is a middle class family. Wealth alone does not make the class rank; it takes many factors together. The upper middle class do some drinking; usually the women do not. If they do, they say they know they should not. They go back to the morals of the Bible. They recognize church mores. The uppers do not recognize church mores—they tell the Church what the mores are and the Church does not refute them. The

lower middle class are the backbone of the Church and of respectability. They are comfortably secure and feel far above the lower classes. They are far enough from the uppers not to be influenced much by them. Psychologically they are secure people, probably a very happy people; they haven't much wealth. They can be appealed to, reasoned with. The upper lower are the people who, giving in more to the biological urges than the middle class, drink more. If you say they should not, they answer "a glass of beer don't hurt nobody." The lower lower 25%, make no struggle to get anywhere.

Drink Customs Flow Down

We live in a hierarchy of stratified society in which there is much mobility up and down; yet, obviously, those on top are very secure. Since they are so secure, they like to be recognized as people of distinction. The way to be recognized is to do something, wear something, or have something that other people do not have. So they wear certain things and develop habits of speech and table manners to distinguish them from those not quite on their level. The group next below tries to imitate whatever the group above does; thus the patterns keep sifting down. At the end of World War I, women of the upper class began smoking; now that custom has sifted all the way down the social scale. At the end of World War II, social drinking seems to have come into the category of a style factor, and there is more social drinking going on now than ever before in America. But not everything that starts at the top sifts down; there are always some who decline to do what it is the style to do. Some of those who don't accept the drink fashion have been firmly indoctrinated in the specific meaning of drinking. Some of them were reared in homes where drinking was frowned upon; others in a church where it has been given a moral complex; they do not drink. But the pressure is there. The fact that they do not drink does not guarantee that their children or grandchildren will not. The pressure is there.

If you want to do something about drinking in the United States, you can't just go out and convince people

that they should not. It is not enough to tell them of the effects of alcohol on the body, etc. They will listen to you, perhaps, but they will not hear you. They will say, "Yes, yes, yes, well, before we go home, let's have a drink." And because they have by long tradition the drink customs that came over from Europe, they have also the support of much of the community in the rationale of why they drink. Along with that, there is this style complex in which, if you want to be somebody, it is awfully important to behave like those people who are somebody.

Alcoholic Sickness Spreading

THAT ALCOHOLISM as a sickness is spreading as the custom of drink spreads throughout the United States, seems clear from a report that the number of alcoholics, which eight years ago was 750,000, is now (1952) 963,000.

This rapid increase in the number of ultimate victims of alcoholism is marked contrast with the trend in the reduction and control of tuberculosis. Thus alcoholism, as one of the four greatest public health problems, stands out more sharply than heretofore, and the number of alcoholics "sick" is now in larger ratio to the 600,000 tubercular patients and the 500,000 cancer patients of a few years ago. While public health measures have been reducing the latter, and greatly extending research, the increase in alcoholism has gone heavily in the opposite direction.

In addition, there has been a tendency among experts in the last few years to include under the general term "alcoholism" the much larger number of heavy excessive drinkers or inebriates, heretofore estimated at about 3,000,000. These people are now seen to be seriously ill as well as those who have reached the stage in which they can no longer control their drinking. When these are included, as many experts now include them, the total number of those seriously sick with alcoholism is approximately 4,000,000.

The exact figures, as given in an article, "The Estimate of the Number of Alcoholics in the U. S. A. for 1949", by Dr. E. M. Jellinek, in the **Quarterly Journal of Studies on Alcohol**, June, 1952, are as follows:

Estimated number of alcoholics with complications: Male—819,000; Female—144,000; Both—963,000.

Estimated number of alcoholics with and without complications: Male—3,276,000; Female—576,000; Both—3,852,000.

Rate of alcoholics with and without complications per 100,000 adults: Male—6847; Female—1,155; Both—3,943.

This increase of the last decade has taken place during a period when a greater effort, and a more intelligent effort, for the rehabilitation of alcoholics was being made than was ever before undertaken in the history of this or any other country.

High School Student Drinking

HOW MANY? WHERE? WHY? WHEN?

From a Study by Arthur D. Slater

IN THE SURVEY connected with this study, a questionnaire was distributed through the teachers to students of both sexes in grades 10 and 12 at five typical schools of two cities of the State of Utah, one mining district school and schools in two rural areas. Of the 1177 students between the ages of 15 and 18, 614 were girls and 563 boys. Each answered without discussion with his fellows. The main questions related to:

1. How many students drink?
2. Where do students drink?
3. Why do students drink?
4. When do they take the first drink?

The frequency of drinking was divided into three categories: "never"; "occasionally" (an average of one to

Condensed from "A Study of the Use of Alcoholic Beverages Among High School Students in Utah," by Arthur D. Slater, M.S.W., Assistant Executive Director, Utah State Board of Alcoholism, in the QUARTERLY JOURNAL OF STUDIES ON ALCOHOL, March, 1952.

two drinks a month); and "frequently" (an average of several drinks a week). The results are given in the table below.

Frequency of drinking (High-school students in Utah, 1951)

	Total	Never	%	Occasional	%	Frequent	%
Girls	614	488	79	188	19	6	1
Grade 10	207	159	77	46	22	2	1
Grade 12	407	329	81	72	18	4	1
Boys	563	316	56	236	42	10	2
Grade 10	225	122	54	100	44	2	1
Grade 12	338	194	57	136	40	8	2
Grades 10 & 12	1177	804	68	354	30	16	1
Grade 10	432	281	65	146	34	4	1
Grade 12	745	523	70	208	28	12	2

How Many Students Drink?

Seventy-nine per cent of the girls and fifty-six per cent of the boys never drank alcoholic beverages and only one or two per cent took several drinks a week. Another satisfactory fact: the consumption of alcoholic beverages by the young generation is exactly the same as that of the parents of the students: seventy-nine per cent of the mothers and fifty-six per cent of the fathers are abstainers. There are more abstaining fathers among the fathers of the grade twelve students; this fact explains the higher percentage of abstaining boys in grade twelve than in grade ten although the former are older than the latter.

Where Do Students Drink?

Of the 370 drinking students of both sexes, 32 became acquainted with alcoholic beverages in their own homes, 110 in the home of a friend, 79 in a tavern or beer parlor and 184 in cars or elsewhere.

Why Do Students Drink?

Of 124 girls, 84 drank "because others in the crowd were drinking"; 26 "because drinking makes one gayer"; 13 "to forget their troubles" and 5 "to brace themselves physically."

The reasons checked by 246 boys are divided among the above respectively as follows: 164, 65, 21, and 8 (some students checked more than one reason).

When Students First Drink?

"The mean age at first drinking for both boys and girls was 14.5 years, but a substantial number reported having been introduced to alcoholic beverages at or before age twelve. The proportions of students who drank were approximately equal to the proportions of parents of the same sex who drank with the knowledge of the students."

The alcoholic drinks preferred were beer 46% and whiskey 29%.

Of Cats And People

An Experiment

A SCIENTIST took sixteen cats and taught them tricks. His first experiment was to put them in separate cages, then condition them to going to the food box which opened when a light went on. The next step was to teach the cats to step on the switch, located on the floor, which lighted the light, which in turn opened the food box. This too was easy. The last trick, was more difficult—the cats had to learn to stand on their hind legs to push the switch located on the wall to light and open the box; this too was finally mastered.

Next the doctor put a saucer of milk, containing 10% alcohol, in each cage. But the cats had never touched the stuff, and the only way he could get them drunk was through a stomach tube. After the first drink the cats forgot how to work the wall button, but could still work the floor switch. After the next drink the floor button also was too hard. When they became very drunk, they paid no attention when the light flashed; in fact, they wanted no food at all. Then the doctor let them sober up.

After they were "dried out," he tried setting up con-

—Condensed from "OF CATS AND PEOPLE, a graphically written and illustrated pamphlet, published by Research Interpretation Service, Alabama Polytechnic Institute, Auburn, Ala., 10 cents per copy (one to 49 copies)

flicts in their heads. Every time they tried to eat they received an electric shock, so that soon they were so jittery that even when the doctor put a mouse into their cages they wouldn't chase it.

Having made the cats "nervous wrecks," the doctor once again gave them a dose of alcohol. Presto! the jitters disappeared. The fear of the electric shock was gone, and the cats began to work the floor buttons and eat from the food box.

Next the doctor tried a third experiment. Using the stomach tube, he kept the cats slightly drunk for a few days. Then he gave them two bowls, one of pure milk, the other with 10% alcohol in the milk. The cats chose the alcohol! They had become addicts, just like people.

Finally the doctor sobered them up, gave them good food and pure milk. He taught them their old tricks, and the conflicts disappeared.

WHAT EDUCATION MAY INCLUDE

(Continued from page 92)

Coming down from the childhood days of all racial and nationality groups that make up our modern civilization, this basic source should now be taken into account to an extent not heretofore thought necessary. For it has been highly extolled and emotionalized in much of the literature and folke-lore of the ages; it is imbedded in the mores and traditional conduct of various influential groups; it is accepted without question as a part of daily living by large sections of our "melting-pot" culture of recent years. It is the tap-root of the alcohol problem of modern civilization.

These main sources, of which there are many off-shoots, may be stated as follows:

1. Immature, disordered and maladjusted persons. There are many such people, young and older, everywhere, always. Their deficiencies may have been inher-

ited, or the result of the conditions into which they were born—social heredity ; it may be the outcome of unfortunate childhood, of poverty and degraded environment; of inability to face life problems and the insecurities of their days. Or it may have grown through their years of drinking as a direct consequence of the use of alcohol itself. Accepted as a basic source, personality weakness is being given much attention in recent years.

2. Social acceptance of the drink tradition by one-half or more of current society. This is the tap-root that goes deepest into the past and is most widely diffused, at present, notwithstanding the corresponding fact that nearly one-half of current society has largely outgrown and discarded the tradition.

3. Exploitation of the drug appeal of alcohol, once that desire has been initiated, and its intensive cultivation and enlargement for profit purposes. In the public discussion, literature and efforts toward practical solution, this source has been given much—in some directions major—attention. It is too obvious to be overlooked.

But the social sources, heretofore, have been largely overlooked or minimized. They should now be given enlarged, if not major, attention in educational activities. For this source can be largely, if not decidedly reduced if not removed by public education. That is the way to reach it. The noted sociologist, Dr. Charles A. Ellwood of Duke University, a short time previous to his death, in a personal letter to this writer, said :

"I would emphasize much more than you do the social situation. It seems to me that our social customs and social values are responsible for the great majority of our drinking practices." With this statement, it is safe to say, practically all sociologists would agree.

And for the fundamental reasons :

That all recent investigations, scientific and educational, agree that drinking begins, usually, between the ages of fifteen and twenty-one, just as youth becomes socially conscious—recognizes his interest in others.

That, as nearly every beginning is made because of some social influence—and is continued through years by

some group or social-prestige pressures that sifts out for drunkenness those who can not, or do not wish to resist, the social source is, indeed, the ground source from which all others spring.

This source of such alcohol problems as drunk-driving, alcoholism, can no longer be over-looked. It should be studied for what it is—for what alcohol gives, and what it deprives, in human living. It should be studied as a basis for intelligent decision between the alcoholic and the normal, non-alcoholic Way of Life.

The Trend Toward Alcoholism

40% from Personality

60% from Social Habits.

In a lecture at Yale University in 1943, Dr. E. M. Jellinek, Director, said:

In a complex society, where many tensions develop, we have neurotic or diseased personalities. It is but natural that they should take recourse to intoxication to a greater degree than others. They probably constitute forty per cent of the inebriate population; but the other sixty percent come to alcoholism from an entirely normal origin, and only in the course of their drinking. They do not seek release. They are conforming to certain social habits of their set.

"I enclose \$2.00 for additional copies of "Social Drinking: What Do You Think?" by 1953 student honor writers in the NOVEMBER INTERNATIONAL STUDENT for our Youth Department.—Mrs. O. L. W.

Of all the publications I have seen which deal with the alcohol problem, THE INTERNATIONAL STUDENT contains the most intelligent and informative material.—David Dodds, Friends University, Wichita, Kans.

THE INTERNATIONAL STUDENT, which I read each issue with deep interest, plays a vital part in the influence of the Association and its work.—Mary Ross Potter, Claremont, Calif.

Thank you for permission to reprint your article, "Practices of Parents—Not Campus."—B. D. McCorquondale, Winnipeg, Man.

SLIGHT INTOXICATION AND JUDGMENT

The great neurologist, Hughlings Jackson, long ago pointed out that the more recently developed a function of the nervous system may be, the more susceptible it is to injury.

For example, the slightest toxicity, such as that which results from the lack of oxygen, or from small quantities of alcohol, may seriously disturb one of our most recently developed functions, that of judgment."—From "Warm-Bloodedness," an article in a current number of *Scientific Monthly*.

It takes some people longer than others to attain addiction, but no human being can be regarded as immune.—Dr. Robert Fleming, Harvard Medical School.

The cult of moderation among us today is not a creed of drunkenness. It repudiates drunkenness. Nobody is quite so bitter in his feelings about the drunk as the typical moderationist.—Dr. Albion Roy King.

It is reported that the American Medical Association has banned all cigaret and liquor ads from the *American Medical Journal* effective January 1, 1954.

I heartily approve of an attack upon the social tradition of drinking. It is a good and highly important focus.—John W. Pontius, Presbyterian Men, Buffalo, N. Y.

Two students of a mid-Ohio college were charged with manslaughter, December 8, following a tavern brawl at Mt. Vernon that ended in shooting one man and wounding the bartender. Drunken arguing, after visiting two taverns, marked their temporary state of mind.

"Hero of Iwo Jima Flag, on Skid Row, enters Sanitarium."—Headline in the *Sacramento, Calif. Bee*, Oct. 16, '53.

"Basic Information On Alcohol"

By Albion Roy King

Author of "The Psychology of Drunkenness."

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"Do you know me?" I said, "Yes," and gave his name. Then he said:

"Would old friendship cause you to give me a dime?" I answered: "No; I will take you to a restaurant, buy you a good meal with all the hot coffee you can drink."

His answer: "To hell with your coffee; all I am interested in is booze."—From a *West Coast City*, Nov. 17, '53.

"A woman was struck and killed by a police cruiser this morning and the two officers in the car were immediately cited for drinking while on duty."—*Columbus Citizen*, Oct. 9, '53.

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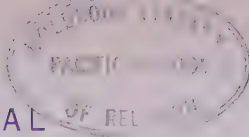
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--And Digest of Alcohol Studies

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THE INTERNATIONAL STUDENT

February, 1954

Vol. 51, No. 4

HARRY S. WARNER, *Editor*

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Intercollegiate School Of 1954

IN THE SPIRIT of an earnest desire to gain an understanding of the problems of beverage alcohol in daily living, of "College Drinking," Alcoholism, "The Alcoholic" and related backgrounds and questions, college and university students of Canada and the United States, will spend the week of September 5-11 together at the University of Western Ontario, London, Canada, studying, discussing, gaining basic knowledge from the lectures of high scientific and educational experts—and sharing with A.A.'s and in field trips in first-hand observation and fellowship.

Among the speakers and seminar leaders are Dr. Al-bion Roy King, Professor of Philosophy, Cornell College, author of "Basic Information on Alcohol"; Dr. Robert StrauEs, Survey Director of "Drinking in Colleges"; Dr. Gordon Bell, Director of the Clinic for Alcoholics at Mimico (provincial prison); Dr. J. W. Ferguson, University of Toronto, Mr. Wayne W. Womer, Alumni Secretary, Yale Schools of Alcoholic Studies—and others. Students who attended previous Schools will serve as chairmen of lecture sessions and seminars.

THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, six times a year in October, November, January, February, April and May. Subscription, \$1.50 per year; two years \$2.50.

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Making Alcohol And Narcotic's Teaching Effective

A Radio Discussion, December 28, 1953

UNDER THE THEME, "Human Conservation," a session of the Joint Conference of Scientific Teaching Societies, in Boston, December 28, 1953, gave to the public fresh scientific and educational thinking on how to make education on narcotics and alcohol effective—among the confusing attitudes that are met everywhere in teaching on these problems today.

Two basic lectures were first presented by experts, making clear the present serious spread and use of narcotics and related drugs, and the scientific knowledge now available for teaching. The topics for these lectures were:

"The Status of Drug Addiction in the United States," by Dr. Lois Higgins, Director of Crime Prevention Bureau, Chicago, Illinois; and "The Status of Alcohol Addiction in the United States," by Dr. Raymond G. McCarthy, Associate Director of Yale School of Alcohol Studies, New Haven, Connecticut.

The lectures were followed by a panel discussion on, "How to Present Effectively a Unit on Alcohol, Narcotics, and Tobacco." Chairman of the panel was Howard E. Hamlin, Supervisor of Health and Narcotics in the Department of Education for the State of Ohio. Discussion experts were: Lois Higgins of the Chicago Police, Raymond G. McCarthy of the Yale School of Alcohol Studies, and Edith M. Matteson, Past Instructor of Physiology and Coordination of Safety, Alcohol, and Narcotics in Hartford public high schools, Connecticut.

Centering attention on the approach that may best serve educational purposes in dealing with these related problems, the chairman indicated that in the education

of youth regarding the dangers in the use of narcotics, one should include an appeal to reason and the sense of responsibility, rather than fear. In high school, he emphasized, the classroom of the social sciences, not the assembly room, is the natural place in which to supply information to the students. He added:

"We need a narcotics education which emphasizes health and citizenship first, and narcotics second."

That there is a serious threat to the health and morals of the nation in the present increased addiction to narcotics, was outlined by Dr. Higgins, from her fourteen years of experience in the police force of Chicago and her present Crime Prevention service. There are between 50,000 and 57,000 narcotic drug addicts in the United States, she reported. "This is an exceptionally conservative estimate." Dr. Higgins then added:

Well-authenticated evidence, independently gathered and confirmed by numerous agencies, including military intelligence and the Federal Narcotics Bureau, positively links the Communists with the upsurge in narcotics traffic throughout the free world. . . . Opium and heroin from Communist China are and have been flooding the world market. . . . However, thoughtful observers of the Communist drive believe that money obtained in this way is a secondary objective. The primary objectives . . . include the destruction of potential fighting personnel, destruction of public confidence in law-enforcement and other public agencies, a mounting spiral of crime and juvenile delinquency, and an over-all decline in civilian morale.

The public, Dr. Higgins believes, has had a tendency to minimize the danger of drug addiction. "While many of our cities are openly, actively, and courageously fighting the drug traffic, others are burying their heads in the sand and denying their troubles. It is time for the entire nation to look at the narcotics picture and ask questions about it."

Several observations may be noted regarding the theme discussed by the panel—"How to Present Ef-

fectively a Unit of Teaching on Narcotics, Alcohol, and Tobacco." First, it was included in the over-all subject of the session on "Human Conservation." Second, the implication that there are serious trends toward human disorders and deterioration, closely associated with the popular use of all these drugs, was made. Another observation is that all three are thus put together in the effort to find ways that lead to effective presentation to youth and adults where wide differences of opinion, prejudice, and background prevail; and, the most significant point of all, that effort to discover "how to present effectively" should thus be sponsored by an organization of scientific teaching societies affiliated with The American Association for the Advancement of Science. Such an approach gives new recognition to the serious—and probably growing—dangers to human welfare connected with the present spread and use of narcotic and related drugs.

The very practical question of how to make educational activities on these problems interesting, helpful, and effective in the schools was given particular attention by Miss Edith M. Matteson, a highly experienced instructor in public high schools. Excerpts from her printed material are as follows:

Public education is needed to alert everyone to the grave dangers to safety and health that come through the use of addictive drugs. Education in family living and use of community educational recreational programs should become an integral part of adolescent and adult programs. Persons with a normal heritage of emotionally-stable parents, sufficient love and understanding, and freedom for normal emotional development curbed by accepted mores, seldom become social problems.

Teachers, parents, and others working with youth, says Miss Matteson, may help curb the narcotic drug menace by getting to the bottom of all rumors that suggest to youth the use of drugs and referring cases to the police, or the Narcotic Division of state Departments of health. They should be alert to and

report any sudden personality changes among youth, such as a let-down in work habits, spotty absences. Such persons should be referred to the medical or guidance departments of the schools or places of employment. Teachers, parents and leaders should be aware of the obvious signs of the use of drugs; for example—the odor that permeates the clothing of marijuana smokers; the scars left by drug injections.

As to beverage alcohol, Miss Matteson says:

“The chief jobs of teachers seeking to build attitudes to cope with the alcohol problem are above all, to keep in mind possible contributions to each pupil's life that may help in the moulding of stable personalities and character. Specifically:

“1. Subject content should be integrated in the life experience of youth so as to interpret the society in which they will function as young adults.

“2. By encouragement in self-understanding, each pupil will promote a self-development and responsibility for his or her own actions.

“3. By helping pupils to understand the forces that are strong drives during adolescence, they will see that alcohol is but one of several **undesirable** outlets for normal drives and that society offers many **desirable** and satisfactory outlets.”

She said that alcohol constitutes a grave public health problem for **it harms more people, individually and socially**, than all other narcotics combined. Alcohol may or may not be classified as a narcotic, depending on its concentration in the bloodstream and the resulting body reactions at the time. Alcoholic addiction causes psychological but not physiological dependency whereas narcotics cause both kinds of dependency.

Since no alcoholic can be cured, a preventive program must be launched among teen-agers to keep them from developing drinking habits leading to alcoholism. The school, as one of the basic institutions of society,

(Continued on page 119)

Redirecting Social Pressure

By Jane Ewing

PERHAPS MORE than any other single factor, social pressure has made drinking a great problem for a great number of people. Within the last three decades, drinking has become an accepted part of culture; the pressure on a person who does not wish to accept it for himself can be a rather ugly thing. It is certainly a reason why many young people start drinking, either without thinking much about it, or with definite feelings of conflict.

It is on young people that this group pressure falls heaviest, and it is young people of college age who are in an excellent position to do something about it.

Drinking has become the thing to do, so people drink. "Everybody else does." Well, what if "everybody else" didn't? Then couldn't the social pressure which is such a problem now be turned to advantage? And just who is "everybody else," anyway? A collection of individuals. Each one of us. Fashions in drinking, like fashions in clothes and slang, are pretty much a matter of follow-the-leader. If the leaders, the outstanding personalities among young people, would decide that drinking is "not done," or at least not required, the idea that drinking is necessary for social acceptability would soon become as dead as goldfish-swallowing.

But social pressure is a heavy weight. Young people need the help of society as a whole in solving this problem. Society—families, schools, churches, communities—must be responsible for creating a climate in which each individual feels the weight of pressure **against** drinking.

Excerpt from an editorial by Jane Ewing, a junior at Lindenwood College, St. Charles, Mo., in the Roberts' Editorial Awards of 1951, sponsored by the Intercollegiate Association.

Roads To Alcoholism

By Abraham Myerson, M.D.,

Professor of Psychiatry, Harvard Medical School.

An Excerpt

THE ROADS to alcoholism are many, but they are always off-shoots of the highway of social-racial custom and tradition.

The treatment of the individual case has at this time some twenty varieties, ranging from Alcoholics Anonymous and frank religious exhortation to spinal fluid drainage, benzedrine sulfate and the conditioned reflex, not forgetting psychoanalysis, psychotherapeutics, and shock therapy.

Whoever wishes ardently to prevent alcoholism will need the heart of a lion, the wiliness of the serpent, and the guilelessness of the dove. He will meet head-on not only the terrific power of tradition and custom, but also the power of great industries as they fight for the sale of a dangerous product—a drug—by advertising campaigns and the corruption of legislatures. Not only all this, but he who seeks to bring about a reasonably drinking society will sooner or later find that he has to deal with the structure of a somewhat crazy society—a society riddled with the injustices of bad working conditions, miserable slums, the twin evils of poverty and of unearned wealth, of insecurity and unemployment, and the hectic atmosphere of enhanced sensuality and luxury-seeking. In short, in order to prevent men and women from the false euphoria and the unquiet anesthesia of alcohol addiction, he must become more than physician and psychiatrist; he must take on the task of the social reformer.

This article is from a paper on "Roads to Alcoholism," by Dr. Myerson, of Harvard, who is also Director of Research at the Boston State Hospital. The paper was presented at a Symposium on Alcoholism in Cleveland in 1944, and published in "Survey Graphic, February 1945.

Moderate Drinking: Then And Now

By Gerard Edward Barry

Student at the White Fathers Seminary

Franklin, Pennsylvania

BACK IN 1895 only four automobiles were registered in the United States; more than 23 million were traveling on American highways before the onset of the Second World War. Today 80 per cent of all the motor vehicles in the world are operated by more than 80 million adult inhabitants of the 48 states, leaving about 20 per cent distributed among the 2 billion people in all other countries.

One or two generations ago the drinking of a small amount of alcohol might have been considered safe in a slow-moving civilization. But today, with automobiles everywhere and airplanes being operated not only by professional pilots but by amateurs, many of them young people, a new situation has arisen which must be dealt with.

Even moderate doses of beverage alcohol, once considered permissible, can seriously affect us when, almost daily, we are thrown into contact with high powered machines. Let us review the physiological effects of alcohol on the driver of today's dashing car.

When a driver is confronted with an emergency on the road ahead, an image of the relative positions of the other cars or obstacles is thrown onto the retina of the eye and a message is flashed to the brain, where the higher centers of critical judgment make decisions based upon the facts presented to them. Then the messages are transmitted to the motor centers in the brain, and from them down the appropriate nerves

Submitted as an entry in the Roberts' Editorial Contest of 1953, on the theme: "Social Drinking: What do You Think?", this editorial brings out certain basic considerations to be taken into account. An under-graduate seminary student, Mr. Barry is preparing to be a missionary in Africa.

to the muscles concerned, there finally operating the steering wheel, brake, etc., as the case may be. For the average person the complete cycle takes about one-fifth of a second. Experiments have shown that this "reaction time", as the medical men term it, is doubled or even trebled in some persons by a dose of alcohol equal to that in two ounces of whisky.

This means that one cocktail or two bottles of beer may cause a handicap of as much as two-fifths of a second, which, in a car traveling fifty miles an hour, means approximately thirty feet—a serious handicap in an emergency. Even at the ordinary speed of twenty to thirty miles an hour this handicap would be more than the length of a car. Two-fifths of a second is long enough to wreck two cars and destroy human life.

Drinker vs. Drunkard

Alcohol is consumed mainly for its narcotizing effects on the brain; and its effect in all concentrations is always that of a depressant narcotic drug. In short, alcohol is "dope." The inevitable effect is diminished physical efficiency and in work of precision, errors occur more frequently.

A generation ago, this diminished efficiency did not matter so much as it does today. Then, a man could be under the influence of alcohol, even drunk; if he had the energy necessary to climb into his buggy, his problem of transportation was solved. The horse stayed sober and his **homo sapiens** would be brought safely home. But the modern "gas buggy" has no horse sense. Today, the driver himself must furnish the judgment to control the powers of 100 to 185 horses under the hood of his car.

A totally drunk driver is not as dangerous as the one who uses alcohol moderately. The truly drunk person is unable to operate a machine. If he does attempt to operate one, he can be "spotted" immediately. The moderate drinker who is only partially under the influence of alcohol, is quite capable of starting and operating a machine, certainly an automobile with today's automatic transmissions. In an emergency, how-

ever, he may miscalculate the speed of an approaching car, or the distance between himself and a pedestrian.

It is a well known fact that one of the effects of alcohol is to give the drinker a certain sense of warmth and well-being. He feels "pretty good" and at peace with the world. In this state he will, over-estimating his ability, take chances which may result in a fatal accident.

Modern Measurmenets

The antiquated notion that an individual is not to be considered under the influence of alcohol until roaring drunk, boisterous, disgusting, reeling, or incapable of walking, belongs to the era and geography of the oxcart and hoop skirts. Today one must be considered under the influence of alcohol when he has absorbed an amount sufficient to impair any of his faculties to such an extent that they are not able to discharge fully their responsibilities at a particular moment. A driver, having a drink on a holiday when strolling through the woods, may be judged by a standard which would not apply when he takes a drink before taking his place behind the wheel of a commercial vehicle having to negotiate city traffic during "rush hours."

Dr. Francis Benedict, of the Nutrition Laboratory of the Carnegie Institute, has summed up the situation cogently and tersely, when, speaking before the American Chemical Society, he concluded his address on "Alcohol and Human Physiology" with this statement:

"Inflexible science says: 'Moderate user, keep off!' For at least four hours after a dose of alcohol formerly considered permissible, you, as a motor vehicle operator, may well be considered a 'menace to society.' "

All work of precision suffers from the ingestion of alcohol, either in accuracy, efficiency, or the time required for its accomplishment. These results are due to the depressive effects of alcohol on the brain. The ability to memorize, the speed in performing mental arithmetic, judgment, attention, and will power, all necessary for work of a precise nature, are bound to be diminished. The depression exerted by alcohol,

however, is not like that of sleep, for alcoholic coma is not followed by refreshing recovery. On the contrary, the after effects of alcohol, the so-called "hang-over", are those of continued depression. Additional alcohol is often resorted to because of this lasting depression and so a vicious cycle is inaugurated.

Thus we see that alcohol has serious disadvantages for all, regardless of their occupation, be it student, professor, business man, or laborer.

The Basic Fact

THE FIRST EFFECTS of alcohol are on those areas of the brain associated with mental activities. It is by reason of the development of the higher centers of the brain that man has been able to set up a value-system of behavior as a basis for rational control of human conduct. This is one of the essential differences between humans and other animals—rational behavior as opposed to instinctive behavior. Alcohol interferes first of all with rational thought and behavior by dulling the higher centers of the brain. Excessive use affects judgment, self-control, reasoning, discrimination, and aesthetic appreciation. It decreases the efficiency of those mental activities that are essential in maintaining controlled, rational behavior. By cutting off the higher mental processes it reduces human behavior to the level of that of the lower animals. It robs an individual of his sensitivity to the value system on which democratic living is based. Under the influence he is less able to discriminate between moral and immoral conduct.

—From **A Manual of Alcohol Studies for Schools**, Department of Education, Winnipeg, Manitoba, Page 143.

THE WHOLE of human history presents unanswerable proof that only through the open and unhampered clash of contrary opinions can TRUTH be found. —GLENN FRANK, former President, University of Wisconsin.

"The Life Of The Party"

On His Way Home

By Robert W. Seliger, M.D.

WITH THE RAPID advance in automotive engineering in the United States, the development of high-speed highways, the widely increased use of the automobile and resultant heavy traffic, the drinking driver has become one of the nation's most serious accident hazards.

In a ten-year study conducted in Cleveland, O., by Dr. S. R. Gerber, it was determined that in more than 50 per cent of automobile fatalities the use of alcohol was involved, and that the greatest number of killers at the wheel were in the so-called "moderate" drinking class.

A recent example of the relation of alcohol to accidents and traffic shows how inadequate are our laws to cope with the situation!

Last winter a car moved down a busy thoroughfare in a large Eastern city, mowed down three pedestrians and came to a stop. A man got out of the car; a crowd gathered; the police arrived; ambulances screeched to the scene. One of the three pedestrians was injured. The other two were dead.

The man in the car admitted that he had had "a couple of beers." He walked unsteadily and a toxicologist found the alcohol content of his blood above the intoxication standard. Nevertheless, a judge found him not guilty of manslaughter because there was no evidence of gross negligence or willful disregard of human life. And at a later trial on reckless and drunken driving charges, he was acquitted because it was not proved that he was driving the automobile.

At the conclusion of the first trial, the judge said the pedestrians "were struck by a man, who, perhaps, if he had not been drinking would not have struck them."

Condensed from an article by Dr. Robert W. Seliger, Baltimore, head of the National Committee on Alcoholic Hygiene and Chief Psychiatrist, Neuropsychiatric Institute, Baltimore in the "Christian Advocate."

Science bears out the remarks of this judge. Alcohol diminishes the acuteness of sensory perception. It delays or weakens motor performances and physical coordination.

Tests have shown that a few drinks make a driver react more slowly in emergencies. He is inclined to be less cautious than he would ordinarily be at the wheel. He takes more chances and generally drives at a greater speed. These are general results and may vary with individuals. It is also true that the effect of several drinks on the same person may vary.

The general pattern is so unmistakable, however, that the only conclusion that can be drawn is that a driver should not drink, and a drinker should not drive.

That would be the simple way to prevent many of our most serious accidents.

It is especially urgent in the light of reports from every state which show that the number of registered motor vehicles and licensed operators is increasing tremendously. In Maryland, a state with high per capita ownership of automobiles, the number of licensed vehicles has increased 50 per cent in the last ten years. At the same time the number of residents seeking driving permits has increased 100 per cent.

This increase in the number of autos and drivers, in itself, compounds the accident problem.

When the increased use of alcohol is added to the increase in autos and drivers, the picture becomes terrifying. It is true that in many accidents the drinking driver is not involved. Many other factors play a part—carelessness, impaired vision, road conditions, excessive speed, weather and mechanical failure, to name a few.

But police records prove that the drinking driver—not necessarily the drunken driver, either—is more accident-prone than the driver in full control of his faculties.

The Lancet, British medical journal, estimates that in the United Kingdom there are over half a million habitual heavy drinkers and over one hundred thousand chronic alcoholics. "Attempts at social reablement," it says, "will often fail while alcoholism remains a topic for music-hall jokes."

MAKING ALCOHOL AND NARCOTIC'S TEACHING EFFECTIVE

(Continued from page 110)

must face this problem realistically by teaching the known facts about alcohol scientifically and without emotional bias. With such teaching it is to be hoped that teen-agers may develop understanding and self-confidence that will lead them to a less hysterical response to the social custom of drinking and so to develop attitudes that will prevent much drinking.

To do this, teachers must themselves understand the problems involved so as to stress more than ever before those parts of teaching that will train young people to be well-integrated personalities in control of their emotional behavior and aware of their social responsibilities.

The gravity of the problem stems from the long unrecognized period during which the user of alcohol is developing into an alcoholic. Bacon notes that few alcoholics live beyond the age of 60, few are under 30 and practically none under 26. Most are between the ages of 35 and 55, because it takes the preceding 5 to 15 years to develop drinking patterns leading to the psychological dependency denoting alcoholism.

An effective approach in education is suggested by Dr. McCarthy in his discussion of the alcoholic and Alcoholics Anonymous. He says:

The evidence of clinical experience and of Alcoholics Anonymous demonstrates that within the alcoholic population can be found every level of family and social background, academic attainment, professional success, financial security—every level from the top to the bottom of our social scale. It has become a cliché to say that alcoholism is no respecter of intelligence, or professional skill or of individual prestige . . .

“ . . . There is no blueprint, no generalization, that will apply to the entire alcoholic population except possibly this: that all suffer from a kind of discomfort, a severe discomfort that stems

from a physiological or psychological cause, or more probably a combination of both. All have learned that alcohol relieves this discomfort. Once they begin to use alcohol for relief it has an appeal, a gratification that leads them to use it repetitively . . . Eventually control is lost."

Key Questions Used During The Panel:

I. ON ALCOHOL:

- (1) At what grade levels or in what subject field should a unit on problems of alcohol be presented? What should be the professional preparation of a teacher who is to conduct such a unit?
- (2) What should be the general objective of a unit on problems of alcohol at the secondary school level?
- (3) How can we secure the cooperation of teachers in fields other than health, biology, physiology; so the social questions surrounding the use of alcohol in our society may be explored?
- (4) To what extent should a unit on instruction about alcohol be based on concepts of good mental health?
- (5) Are there advantages in using modern techniques of teaching, e.g., the problem-solving approach, in teaching about alcohol?
- (6) Should a unit of instruction about alcohol be concerned primarily with the public health disorder of alcoholism, or should it focus attention on the use or non-use of alcohol by young people?

II. ON NARCOTICS:

- (1) Should the problem of narcotics be discussed in the school systems?
- (2) What are some of the identifying signs (symptoms) of narcotic addiction?
- (3) What is the general opinion on the recommendation of the death penalty for peddlers?
- (4) What do you think of the recommendation that would virtually make dope "legal" by arranging to give low cost drugs to known addicts?
- (5) What should be the best means of further alarming the people to the narcotics dangers—for instance, would a TV series be effective since the newspapers and movies seem to have no influence in reducing the rate of addiction?
- (6) Why can't the Government order treatment of draft-age narcotics addicts and then induct them upon release from clinics, to offset the deliberate practice among many youths who become addicts to "beat" the draft?

III. ON TOBACCO:

- (1) On what grounds can an educational area on tobacco be included in a biology curriculum?
- (2) Does the great increase in the numbers using tobacco indicate that

the past educational efforts have failed in their purpose?

- (3) What are the main pupil objectives we should anticipate from the socio-health area of a tobacco unit?
- (4) Are there particular difficulties in organizing teaching materials in this area?
- (5) From some of your statements, it would appear that nicotine does not harm tobacco users as much as we have been led to believe. What changes will general acceptance of this fact make possible in this area of education?
- (6) How can pupil attainments be measured?

SOMETHING FOR ADULTS TO THINK ABOUT:

- (1) Saying "Don't" is not enough. It may suggest doing it.
 - (2) To say "You can't" might lead to a demonstration that they can.
 - (3) Appeal to the intelligence of youth.
 - (4) Challenge youth to share in the responsibility of safeguarding themselves and society from the dangers of harmful drugs.
 - (5) Make it a cooperative workshop between youth and adults.
-

BECOMING REALISTIC

WITHOUT FEAR of contradiction, I say that the evil influences and corruption brought about by the racketeers of today, in many of our large cities, make the corruption of prohibition days look like kindergarten play.—ESTES KEFAUVER, chairman of the Senate Committee to Investigate Organized Crime in Interstate Commerce.

Most of Montreal's alcoholics are to be found, not in "skid row," but in the industries, professions and homes of the metropolis. That is one of the conclusions reached by the Committee on Alcoholism of the Montreal Council of Social Agencies after a study of three years. . . .

"Only a small percentage of alcoholics belong to the derelict or skid row group. On the contrary, the greatest number are to be found in our industries, our professions and in our homes, in all levels of society, in all racial groups and in both sexes."—From a report of the study in *The Montreal Star*, Jan. 29, 1953.

The National Safety Council says that there are 55 accidents for auto drivers under the influence of alcohol to one accident for non-drinking drivers. "Alcohol is responsible for between 40% and 60% of all death and injury accidents caused by autos on the highway."

On Skid Row the homeless man's distress produces profit. I have never observed nor heard of any act of a derelict that compares in degradation with the act committed daily by sober and 'respectable' merchants, of deliberately selling sick, addled, and helpless men chemicals that are poisoning them to slow death.—GEORGE ELLISON, "The Shame of Skid Row," *Saturday Evening Post*.

"Basic Information On Alcohol"

By Albion Roy King

Author of "The Psychology of Drunkenness."

THIS NEW 1953 book is just what the title indicates—the first and only publication that puts into one convenient and attractive volume, the fundamental information about alcoholic drink in human living. It is literally a library in 153 pages.

Paper Edition \$1.50; library cloth \$3.00

Intercollegiate Association

12 N. Third St., Columbus 15, Ohio

Expressing Opinions

To The International Student

I want to praise very highly the article by Dave Alkire, in the INTERNATIONAL STUDENT, "A Problem in Ethics." I hope we can get more like it.—Stanley F. Knock, Jr., Nashville, Tenn.

The INTERNATIONAL STUDENT continues to give heartening evidence that good work is being done among college students. I was especially interested in Mrs. Cain's analysis of the background of drinking customs in a recent issue.—Mrs. James Steer, Ohio.

There certainly is a "drinking problem," not only among students, but in the adult population as well; and this includes not merely the alcoholic, but the social drinker, also. Nearly twenty-two years ago I was graduated from — — School of Dentistry. At that time I was not a part of the "popular social set" . . . I would not take a drink. . . . Now, of those I have been able to watch, I am seeing something repulsive, yet pathetic—their flabby, flushed faces, dull eyes and shaky hands reaching for another cocktail.

These men and women have never grown up, just slipped into stupid oldness; the gaiety of their parties too forced and artificial to fool anyone but their drunken selves.—C. F. B., D.D.S., Wisconsin.

Extending my hearty congratulations on the excellent program of the Intercollegiate School of Alcohol Studies (1953). I want you to know that I like especially your statement of objectives—all positive, not a single negative. Students are tired of the latter from their childhood up.—Dr. Mary Ross Potter, former Dean, Northwestern University.

Your strategy in building for the next generation is most canny.—A Far-west contributor to the Intercollegiate Association.

Editorial Writing Awards

Up to \$2,500.00 in 1954.

**In the LOGAN H. ROBERTS' MEMORIAL
Editorial Writing Series**

Among College and University Students of the United States and Canada—(Undergraduate, non-professional writers.)

Editorial Style, 500 to 800 words.

THEME: "The Opportunity of the Home in dealing with the Problems of Alcohol."

Cash Prizes: First	\$200.00
Second	150.00
Third	100.00
Fourth (2)	50.00 each
Fifth (10)	20.00 each

Group Participation in 20 or more	
Colleges	\$25.00 each

Scholarships to Intercollegiate School of Alcohol Studies at the University of Western Ontario, Sept 5-11, 50 valued at \$30.00 each are available to high standing writers who attend.

Finalist awards will be made at the Intercollegiate School Sept. 11, 1954.

**For information and entry blank write:
Contest Secretary,**

**Intercollegiate Association, Room 522
12 N. Third St., Columbus 15, Ohio**

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INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

September 5-11, 1954

Huron College, University of Western Ontario,
London — Ont., Canada.

COLLEGE STUDENTS of NORTH AMERICA and their leaders are invited to SHARE TOGETHER in study and creative service toward understanding the problem of alcohol in life today.

Among the speakers and seminar leaders are internationally known scientific and educational experts from both Canada and the United States.

Here the final honors and prizes in the Intercollegiate Editorial Contest of 1954 will be announced, and personally awarded to those who attend.

For program write: Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio.

HURON COLLEGE, UNIVERSITY OF WESTERN
ONTARIO, LONDON, CANADA. See page 104.



THE
INTERNATIONAL



APRIL
1954

STUDENT

-- And Digest of Alcohol Studies

In This Number

Effecting a "New Approach"

"Basic Information on Alcohol"
—a review

Magazines That Decline Liquor
Advertising

Social Drink Disorders Studied

University of Western
Ontario



Democracy
is something
deeper than
Liberty; it is
Responsibility"

THE INTERNATIONAL STUDENT

April, 1954

Vol. 51, No. 5

HARRY S. WARNER, *Editor*

INTERNATIONAL EDITORIAL COUNCIL: Edwin H. Maynard, Chicago, Ill.; Wm. Roderic Covey, Canton, Ohio; Henry C. Jacobs, Grand Rapids, Mich.; Barbara A. McNutt, Toronto, Ontario; Jerry A. Kurland, Montreal, Canada; Matti Voipio, Helsinki, Finland; Bo Nilsson, Stockholm, Sweden; Howard G. McLain, Columbia, S.C.; Donald A. Groskreutz, Wartburg Seminary, Dubuque, Iowa; Donna D. Hay, State College, Ames, Iowa.

The Intercollegiate School

Of Alcohol Studies

University of Western Ontario, Huron College,
London, Ontario, Sept. 5-11, 1953

PURPOSES

O MAKE available to college and university students, and their leaders and counselors, an opportunity to gain a scientific understanding of the problems of beverage alcohol in human life.

To seek and discover an objective basis from which to make intelligent decisions as to personal and social attitudes and customs.

To develop thinking, education and inspiration toward constructive service.

To advance the ideal of a Normal, Healthful Life, free from dependence on alcohol, as a scientific and realistic objective.

To open opportunities for service toward solution.

THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, six times a year in October, November, January, February, April and May. Subscription, \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

ADDRESS ALL COMMUNICATIONS to the Editorial and Executive Office, Room 522, 12 North Third St., Columbus 15, Ohio. Entered as second class matter at Westerville, Ohio.

Effecting A "New Approach"

On a University Campus

NOT LONG AGO there was carried through to success at the University of Toronto, a project that was "something new," to say the least, in all-campus programs. It was an "Alcohol Discussion Day" sponsored by the University Student Advisory Council that represents a great variety of student groups in the university, with the president of that body as chairman.

Organized as it was, it brought together for a full day of three sessions, approximately 300 students, undergraduate and graduate, from the Arts College, from medicine, theology, engineering, law, nursing and pharmacy; from University College, Victoria, Knox, St. Michael's; representatives of the Canterbury Club, the Newman Club and the Student Christian Movement—in an all-university conference on the alcohol problems. Lectures by high-standing scientists and specialists and unlimited discussion filled the day—morning, afternoon, and night. Thus, it was not only university-wide and student-sponsored, it represented in attendance the many attitudes, pre-conceptions and cultural backgrounds of a great cosmopolitan university by the students who participated in it.

The basic information presented by speakers of outstanding ability included: "Physiological Action of Alcohol," by Dr. J. W. K. Ferguson, Professor of Pharmacology; "General Aspects of the Alcohol Problem," by H. David Archibald, Director of the Alcoholism Research Foundation; "Alcohol and Public Safety," by Dr. H. Ward Smith, Director of the Medico-Legal Department of the Province of Ontario; "Group Therapy on Alcoholics Anonymous," by Dr. George Little of the United Church; "Social Work Aspects," by Miss M. Cork of the Alcoholism Foundation; "Religion and the Alcohol

Problem," by Rev. John A. Linton, Canadian Secretary of the Intercollegiate Association; and, "Clinical Orientations to Alcoholism," by Dr. R. Gordon Bell, of Shadowbrook Foundation. Questioning and discussion followed each lecture. A period of summarizing and considering the meaning of the implications of the day concluded the night session.

First steps toward such a conference had been taken months earlier, when a group of thirty representatives of different organizations on the campus met at Hart House, in a first day conference, with John A. Linton, of the Intercollegiate Association to face both the problems of alcohol and how to do something about it at the college level. This preliminary meeting of thirty was itself a days conference with scientific speakers as consultants. From it grew the plan for an all-university program later. It followed, also, by seven months, the Intercollegiate School of Alcohol Studies at Victoria University in August, 1952, and previous discussions and speaking in various groups by Mr. Linton and others of particular interest and ability.

This "Alcohol Discussion Day" resulted in an awakening among many students, as reported, to the seriousness of the alcohol problem. It illustrates also the possibilities in educational value in the objective and discussion-participation approach to the problem that has been growing into a new movement at the level of higher education among the universities and colleges of Canada in the past few years, under the leadership of John A. Linton. Developed in a virgin field where the problem had been given little attention previously, the technique of this strictly scientific program—"seek the truth, follow where it leads"—has won its way among the colleges of Canada on its merits. It is developing into a movement that may be outstanding in collegiate leadership on the total social problems of alcohol, alcoholism, and the liquor traffic.

It may well be regarded as a North American, if not a world-wide, test of extra-curricular procedure in student

activities on highly controverted social problems at the college level. It tends to arouse active interest, stimulate thinking, develop positive action, and enlist self-multiplying results in the form of life service and leadership on such decisive questions as alcoholic drink, in college or out, and among thinking people generally.

For, as Dr. Sydney Smith, President of the University of Toronto said, when inviting the Intercollegiate School of 1952,

"Objective, unprejudiced study of the problem of alcoholism in modern living is surely the most promising approach to the solution of the problem."

"Basic Information On Alcohol"

A Review of the Book

IF EVER THE TITLE of a new book reflected its real content, this one by Albion Roy King, comprehensively and clearly written, certainly does just that. It tells you just what the book is, and that is what many busy thinking people want—and all others should have. For, if anyone is to be effective in these days of uncertainty and crisis regarding the situation that includes the question of beverage alcohol, drinking, alcoholism, and the whole complex of wordings currently used in writing about some aspect of this controversial and controverted practice of using drug alcohol for pleasure purposes, he certainly must have a clear statement of the up-to-date information such as is brought out in this book.

In, "Basic Information on Alcohol," Dr. King gives us the most carefully-prepared and comprehensive view of

"Basic Information On Alcohol," by Albion Roy King, Ph.D., published in 1953, Cornell College Press, Mt. Vernon, Iowa. Paper edition, \$1.50; Library edition, \$3.00.

For sale by The Intercollegiate Association, 12 North 3rd Street, Columbus 15, Ohio.

the scientific and experimentally-tested educational ma-

terial on the total problem of alcoholic drink in modern culture that has appeared up to this time. It is thoroughly objective, up to date in its survey of research, and clear in its understanding of the main factors that must be taken into consideration in study of the problem and the preparation of programs in constructive activities toward solution.

This new book by Dr. King, reaching out far beyond his widely-used and well-known, "Psychology of Drunkenness," goes much farther into the many social complications connected with the drinking custom. Dealing mainly with factual material and written for particular attention by college teachers and students, it presents the modern, scientific information on the problem, in an easy-to-read style for the general public. Beginning with a chapter on "Case Studies" that includes realistic personal and social illustrations of how drinking works out in everyday life, the book continues with the following, suggestive chapter heads:

"Alcohol and Experimentation."

"Why Men Drink."

"Classification of Alcohol and Other Drugs."

"Effects on the Body" (and the Mind).

"Stages of Intoxication" (and the Significance of each).

"Alcohol and Skilled Performance."

"Alcohol and Sex."

"A Disease of the Soul."

"Help for Those in Trouble."

"Alcohol as a Moral Problem."

"Moderation as an Ethical Principle."

"Abstinence as a Wiser Way."

With bibliography and a discussion and study guide, the book is well arranged for group discussion and as an outline for class instruction.

If such a book as this, with its comprehensive review of basic information, scientific and experimental, carefully brought together to make clear the complexities of the total problem, had been readily available in popular, yet authoritative form, in the first quarter of this century,

when the movement to restrain, control, and remove the exploiting agencies that tended to increase the growth and intensity of intoxication was at its highest the results of the efforts of that period might have been different and more lasting. Certainly, if that great movement for reform had been as scientifically-based and comprehensive as is the information now available in this book, the progress would have been slower, but more nearly permanent. And it would not have been followed by so severe a reaction as we have been experiencing recently.

It Was A Nice Party, Joe

By JERRY HAVER, '55

Warburg College, Waverly, Iowa

Date—New Year's Eve, 1954.

Town—Anywhere, U. S. A.

Persons Involved—You(?)

IT WAS A WONDERFUL EVENING. And Joe . . . nobody special, just one of the hundred other Joes . . . decided it was time to go home. His friends had thrown a party and they'd played games and had a few drinks.

You didn't believe in drinking, did you Joe? But then what the heck, this was New Year's Eve and you were with friends. It was just a little social drinking and everyone had lots of fun. That's what parties were for, wasn't it, Joe? To have fun . . .

What if you did get a little tipsy . . . you were far from drunk, weren't you Joe? But now you decided it was time to go because you were driving. And you were a careful driver, weren't you Joe? You knew when to stop drinking. You knew how much you could hold, didn't you? And that's why you decided to go now. Right Joe?

So you and your friends got into your car. Where to now, Joe? Who was it that lived out in the country? Oh well, it didn't really matter. The important thing was that you had to drive ten miles out of town.

The couples in the back seat shouldn't have been doing
(Continued on page 139)



Canon Quinton Warner
London, Ontario

INVITED TO LONDON—"... with the hearty cooperation of the university authorities, the Clergy of the City of London and other interested citizens.

"I am whole-heartedly in agreement with this movement throughout the universities in Canada and the United States, believing as I do that students generally are open to receive valid information regarding the alcohol problem. The approach on the part of the Association is, in my judgment, perfectly sound.

—CANON QUINTON WARNER.

Huron College
in Mid-summer

Invitation To And The Wester

IT IS MOST encouraging to see the problem of alcoholism in the Intercollegiate School of Science and Letters strides towards a scientific solution. The dissemination of knowledge through its conferences goes far towards the upbuilding of the student body and the creation of a lively intellectual atmosphere. As Principal of Huron College, I am proud to be the leaders and members of the Association this summer and to wish you a successful trip.

—Dr. W. R. Coleman



Huron College University Of Ontario

those aware of the social
society, to know that the
cohol Studies is making
nderstanding of this prob-
this valuable knowledge,
general literature, should
of informed public opinion
effective social conscience.
e. I am happy to welcome
he School to our campus
every success.

Principal, Huron College.



President G. E. Hall
University of Western Ontario



April, 1954

THE UNIVERSITY of Western Ontario is composed of four units: The College of Arts and Sciences, the Medical School, the College of Nursing and the School of Business Administration. Affiliated with the University are HURON COLLEGE (theological), Assumption College at Windsor, Ursuline College at London, St. Peter's at London, Waterloo at Waterloo, and two junior colleges. Founded in 1878 through the efforts of the Church of England, it later became undenominational and financially related to the City of London and the Province of Ontario.

Educational Objectives

In The Schools Of Manitoba

1. TO PRESENT in a forthright manner scientific information about the use and effects of alcoholic beverages.

2. To help students understand why people use alcoholic beverages.

3. To analyze the problems associated with the use of alcoholic beverages and to study these problems in terms of available information and the complexity of modern society.

4. To help students comprehend the seriousness of the problems as they relate to health, family life, industry, traffic, crime, recreation, and social relationships generally.

5. To develop sane and wholesome attitudes based on knowledge and understanding; to eliminate bigotry; ignorance and prejudice which obscure scientific facts about the effects of alcoholic beverages; and to control emotionalism in discussing the problems of alcohol.

6. To encourage and help young people to develop positive habits of personal health and social behavior; to cultivate, encourage, and promote among young people attitudes which will help them meet, and activities which will displace, many of the social pressures to use alcoholic beverages.

7. To develop a sense of responsibility for the consequences of one's behavior.

8. To help young people understand that any satisfactions obtainable through the use of alcoholic beverages can be obtained equally as well, and less hazardously, without them.

9. To develop the concept that alcoholism is a major health problem that can be treated and prevented.—From **A Manual of Alcohol Studies for Schools**, Department of Education, Winnipeg, Manitoba.

Magazines That Decline To Advertise

Alcoholic Beverages

Survey by Fred D. L. Squires

MORE THAN 550 magazines of general, professional, commercial, civic, farm, home, recreational and religious appeal, today refuse to accept any alcoholic advertising, including beer, in their pages. They have a total published circulation in the United States of more than 112,250,000 subscribers.

Seventy magazines of general or nation-wide circulation that exclude alcoholic beverage advertising, including twenty with more than a million subscribers each, report a paid circulation of 73,870,519 copies representing a readership that exceeds the total of adult citizens of the United States. The list does **not** include the 290 or more Protestant church papers that have an aggregate circulation of close to 9,000,000.

The factual data gathered by this survey compares with the results of a similar questionnaire in 1951, thus emphasizing how thoroughly settled is the "no-liquor" advertising policy of a most substantial and significant portion of prominent periodicals in the United States.

Among the magazines of conspicuous general interest that do not accept liquor advertising, and that have observed this policy for no less than twenty years, are the following:

Readers' Digest (U.S. Edition)	10,500,000
This Week (National Edition)	9,932,713
Ladies' Home Journal	5,201,506
Saturday Evening Post	4,620,479
Woman's Day	3,811,000
Better Homes and Gardens	3,502,000
Good Housekeeping	3,502,000
American Home	3,130,000
Farm Journal	2,850,000
Country Gentleman	2,538,580
Household	2,250,000

Condensed from "No Alcoholic Beverage Advertising," report made by Fred D. L. Squires, National W.C.T.U. Research Council, published in "The Union Signal," January 16, 1954.

National Geographic	2,022,033
The Workbasket	1,500,000
The Nation's Agriculture	1,500,000
Parents' Magazine	1,400,000
Popular Mechanics	1,400,000
The Progressive Farmer	1,230,000
The Pathfinder	1,250,000
The American Family	1,185,375
Seventeen	1,046,525

American Medical Association Bans Liquor Advertising

The publications of the American Medical Association were freed from alcoholic beverages advertising by action of the Association, effective January 1, 1954. Among them are the **A. M. A. Journal**, **Today's Health** and the **Journal of the Student American Medical Association**. The action affects indirectly thirty-three state medical journals for which the AMA handles advertising. A statement explaining the action said that "a large percentage of physicians interviewed expressed their disapproval of the publication of cigarette, tobacco or allied products and alcoholic beverages advertising in publications of the AMA." The ruling includes, "the presence of exhibits and/or lounges by cigarette, tobacco or allied products "and alcoholic beverages interests at the 1954 and following conventions of the AMA." The action was taken in the face of heavy loss in income from advertising.

EVERY INGENIOUS device that money can buy is being used to persuade our children to become addicted to alcohol. In homes where the use of liquor is discouraged by family tradition and parental choice, the solicitation of television is continually urging the children and young people to become drinkers. This invasion of our families by urgent appeals to acquire a habit which is ruining millions of our people, is insufferable."—**HARRY EMERSON FOSDICK.**

Social Disorders Studied

Among Drinkers and Non-Drinkers in Sweden

A REPORT of recent study of the liquor situation in Sweden calls attention, first, to the fact that alcohol is used on a much smaller scale and with less abandon than fifty to 100 years ago, and, second, to certain disturbing trends among a part of youth and the residents of the larger cities.

This report is said to be the most thorough and exhaustive of its kind ever made in Sweden.

The statistical material brings out, especially, the connection between heavy drinking and crime. During the period, about ten percent of the adult population incurred some kind of public reprimand or penalty that had to do with liquor. This ten percent was responsible for fifty-five percent of all crimes of record during the ten years. Criminality and the need for social aid in cases of emergency were about one-half as great among non-drinkers as among moderate drinkers, and one-tenth as among heavy habitual drinkers.

Drinking Declined for 100 Years

Since the middle of the 19th century, says the report, the per capita consumption of alcohol has declined more than one-half. This is due primarily to the temperance movement and to strict control of sales, which since the first world war, has been under a national rationing system. During this time, a change in heavy drinking has occurred. Last century the heaviest drinking was largely rural, and often associated with poverty. Today the rural districts show the lowest figures in drinking. Heavy drinking is now most prevalent in a middle stratum of well-paid workers, salaried employees and minor officials. There is a tendency toward larger consumption among young people, and it is most pronounced in the higher income groups.

Under the present system, based on public monopoly,

Condensed from "News From Sweden," a bulletin of the American-Swedish News Exchange, Inc., New York, N.Y., February 13, 1952.

only adult men and unmarried women are entitled to purchase distilled liquors. Upon application, they receive a passbook which allows them to buy from one to three liters of hard liquor a month; wine they may buy in virtually unlimited quantities.

Illegal Trade Among Young People

Ever since the rationing system was introduced four decades ago, its merits and demerits have been widely discussed. In recent years various forces have joined to oppose it, on the ground that psychologically it tends to induce the greatest possible consumption of alcoholic liquors. There is a wide illegal trade among young people who do not have passbooks. In the age group 15 to 18 years, drunkenness today occurs three times more frequently than it did twenty years ago.

It has been found that people, who as children had unsatisfactory homes, children of divorced parents, children born out of wedlock and those who have been inmates of correctional institutions are more frequently excessive drinkers than others. And, on the other hand, for young people who are active in sports, educational and political groups, etc., the statistics are five times more favorable than for those who do not belong to such groups.

THE EXPERIMENTS show that the effect on the central nervous system is not stimulation, but depression. It is this effect of alcohol which makes the alcoholic beverage **par excellence** a vehicle of escape from reality, from self-imposed inhibitions and from those of society. We did not learn from psychology that alcohol gives this release. It has been known for thousands of years. What experimental psychology has contributed is the knowledge that the mechanism of release is not one of stimulation but of abolition of inhibition through cortical depression.

—E. M. JELLINEK, "What Is The Alcohol Problem," a lecture at the Yale School of Alcohol Studies.

THE GREAT use of life is to spend it for something that outlasts it.—WILLIAM JAMES.

IT WAS A NICE PARTY, JOE

(Continued from page 131)

the things they were, should they, Joe? That's why you turned around, wasn't it? You were going to tell them to take it easy? That was it, wasn't it? And what was it you finally decided? Oh, yes, you decided it wasn't really any of your business. After all, they were old enough to know what they were doing, weren't they Joe? You were worrying about them, weren't you? That's why you didn't watch the road, eh Joe?

Do you remember what happened when you saw that car? Do you remember how the tires screeched and the grinding of steel against steel resounded into the night? Then all was quiet except for the tinkle of broken glass. And the pungent odor of alcohol mingled with gas fumes rose into the still air.

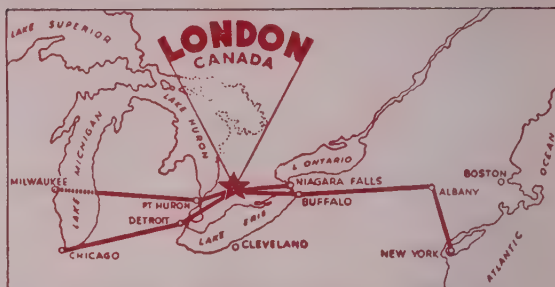
Sirens screamed their way to the scene. The red lights of police cars flashed; men in white worked feverishly to free mangled bodies from the wreckage; a weary tow-truck driver sat helplessly waiting to clear away the rubble.

In a few minutes each had done his job and the highway was cleared again. All that remained to proclaim the disaster were some jagged pieces of glass and a few patches of blood contrasting with the blackness of the pavement.

Do you remember, Joe? It didn't really matter if you drank a little too much. You could label it social drinking, couldn't you, Joe? That makes it all right, doesn't it? Lots different than the drunks down in the slums and bars.

It was a nice party, wasn't it, Joe? Everybody had a lot of fun. Did you have a happy New Year Joe? Did you? Oh, that's right—you're not with us anymore, are you, Joe? Well, you must have had a happy New Year . . . what with such a nice party and all. Happy New Year, Joe . . . Happy New Year.

PROF. SC. OF MEDICINE
LIBRARY-1798 SCENIC AVE
ELEV 9 CALIF



Come to London, September 5-11, '54

IN FULL HARMONY with the recent trend in the universities and colleges, that are now leading in education on the Alcohol Problem, this **new-type** of Intercollegiate School has been organized, largely for college students. It seeks to make possible united thinking by students, their counselors, and other teachers, for a week together, gaining understanding, and working out approaches that can be effective toward constructive action today.

As a summer citizenship conference, now well established, the School of 1954 offers a week of vacation and recreation combined with serious study, vigorous discussion, and comparison of views and observation relating to one of the greatest problems now confronting the social life of Western nations.—Alcohol and Alcoholism in modern living.

During the week at the University of Western Ontario, students from Canada and the United States will share in the education, the scientific knowledge, and the personal conferences brought to the School in lectures, seminars and by high-standing experts. Thus, in a few days, they will obtain an understanding of the most fully substantiated knowledge now available on the problem and an inspiration for service toward solution.

For Prospectus Address,
Intercollegiate Association

11 Prince Arthur Ave.,
Toronto 5, Ontario

12 North Third St.,
Columbus 15, Ohio

THE
INTERNATIONAL

MAY

1954

STUDENT

-- And Digest of Alcohol Studies

In This Number

Social Custom and Tradition
of Alcohol

Looking Forward from a
Well-founded Base

International Council of the
Intercollegiate Association

Progressive Mid-Summer' Institute
at Millsaps College

Student Editorial Writers
Express Opinions

Millsaps College, Jackson, Miss.

Christian Center Building. (See page 167)

Democracy
is something
deeper than
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Responsibility"



THE INTERNATIONAL STUDENT

May, 1954

Vol. 51, No. 6

HARRY S. WARNER, *Editor*

IT IS ONLY within the last ten years that we have had enough medical information to begin any kind of sensible treatment for alcoholism. . . . It is a rare person who drinks heavily for over ten years who does not become an alcoholic.—Dr. E. Gordon Bell, Director, Shadowbrook Hospital, Toronto.

Dr. Bell will be a head-line speaker at the INTER-COLLEGIATE SCHOOL of Alcohol Studies, University of Western Ontario, London, Sept. 5-11, 1954.



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The Social Custom And Tradition Of Alcohol

By J. A. B. McLeish

AT THE PRESENT TIME there is a crying need that more study and action should be inaugurated to investigate and publicize the relationship between drinking and alcoholism on the one side, and the social custom and tradition of alcohol on the other.

That there is a relationship between the two has become increasingly clear through continued sociological research and study of case histories. Being myself a sociologist has perhaps led me to accept the existence of the related problems more readily than it has been accepted by the average layman. He is the person who must be convinced, and the job will not be an easy one.

I myself had been a light and infrequent "social drinker" throughout my adult life until I attended a series of excellent discussions on social custom and alcoholism¹ in Toronto in 1952, at which time I decided to switch to the camp of the abstentionists. To make that change even in mature years, when one has all the sanctions of adult courtesy and acceptance of the individual's free choice to support one's position, is to understand rather vividly how universal the practice of social drinking is, and most important, how that practice must appear to the average adolescent.

How difficult it is for the average adolescent in our society to go against the stream of "acceptable" behavior when he or she is trying to establish a position of acceptance and security within that society. This is made

Dr. John A. B. McLeish is Professor of Sociology at the University of British Columbia, Vancouver, B.C., and a Vice President of the Intercollegiate Association for Study of the Alcohol Problem.

1--The third annual Intercollegiate School of Alcohol Studies, at the University of Toronto, Emmanuel College, August 21-29, 1952. Of the 68 attending full time, two thirds were students, college and graduate; faculty members included deans of men, deans of students and professors.

doubly hard here in North America by what seems to me our absurd over-emphasis upon being accepted by the group, and our increasing failure to teach individual self-reliance in the home and school.

Where is the starting point for a change from this enforced acceptance of social drinking? One step that the Intercollegiate Association can take immediately would be to promote non-drinking situations on the college and university campuses as often and as universally as possible. I would like to see more promotion of non-drinking fraternities and sororities—to form new ones without any special fanfare and without aggressive attacks on the existing social clubs. I would like to see these new fraternities outstanding in sports, studies, and good fellowship—but without alcohol. Many college-age young people associate non-drinking with unattractive stereotypes—they say “Drinking is Fun!”

But there are enough of the happy, friendly, and respected students who are also non-drinkers so that this stereotype could be changed, both through the actions of individuals and through organized social situations that would disregard social drinking rather than attack it aggressively. This active, unaggressive, and unsanctimonious group could be supplemented by special study over, say, a two-year period, of drinking patterns in the local community and the outer-ring community. Such pertinent questions could be investigated as: Are there special social inducements toward non-drinking in this community? Are there special adaptations of non-drinking formulas which have operated well elsewhere and can be applied to the local situation?

I recognize that the social pattern of drinking begins much earlier than the college situation, but one must keep certain relevant points in mind in choosing the college level as the starting point:

1. College stereotypes influence high school behavior to a point, and inevitably make their contribution to the total community pattern.
2. The group of young people who **begin** the social drinking pattern after reaching the college level is not

unimportant either in numbers or influence.

The essential problem with high school youngsters is to choose the most effective point to cut the circle of influence and propaganda that surrounds social drinking. Many churches have been distressingly ineffective, and in any case are not in contact with some millions of teenagers. The schools could be the most effective contact of all, and in some instances are now working on the problem; but one wonders again how far the insistence upon "group" behaviors and the endless chain of school-and-society works against better standards, based as it is on the widespread over-emphasis on Dewey's educational philosophy. Again here the only intelligent suggestion as to where to break the circle will come through further intensive study of our cultural influences and social patterns. But in all of this one cannot, indeed must not, remain the disinterested observer, as the social scientist is almost bound to be. The research and the teaching must be done by honest and unsanctimonious people who have a positive belief in the dangers of our ingrown social drinking patterns. At the high school level the lesson must be endlessly brought home that drinking is **just not necessary**, and for the deeper moral and emotional implications we must promote a philosophy of education that holds as its pinnacle of achievement the self-reliant individual. In addition, the schools' professional guidance program must bring this problem with wisdom and tolerance to the attention of the students.

As for the home, where is the point of entry here? I suggest that it is through such organizations as the Home and School and Parent-Teacher Federation, whose members are concerned both with their own and their children's lives. A study of our social drinking patterns by such an organization could well lead to positive and intelligent action by a part of our international community that has the respect of parents, children, government and business, and indeed of the community as a whole.

Throughout this article the emphasis has fallen time and again on education and research. In this age of emo-

tional tension combined with scientific objectivity, these seem to me the only intelligent means by which we can convince our audience and break the circle.

A New Emphasis

A question—new in much of American Culture, comes to front from the recent studies of the Yale Center of Alcoholic Studies into College Drinking.

After surveying 17,000 students on 27 campuses, the investigators revealed that 80 per cent of the young men who drink and 65 per cent of the young women acquired the habit before they set foot on the college campus. Furthermore, nine-tenths of the young men coming from homes where both parents drank were themselves drinkers, but only half of the sons of abstaining parents took up the practice. The Young women students followed the same trends: the figures revealing proportions of four-fifths and one-fifth.

These findings do not rule out the influence of high school groups and other associations outside the home, but they point directly toward the decisive influence of the attitudes and practices of parents when children are very young.

THE MORE COMPLEX our society becomes, the more truly man becomes his brother's keeper. Alcoholism was once primarily a personal or family problem; today it is even more a social problem. Every man or woman who drinks to excess—and nobody can be sure that he does not or will not drink to excess—is a danger to all who come in contact with him—as pedestrians or motorists, or as superiors or subordinates, dependent upon his judgment and his functioning as an efficient member of a team. -Gideon Seymour, Executive Editor, The "Minneapolis Star and Tribune."

Looking Forward

FROM A WELL-GROUNDED BASE

By Harry S. Warner

FOR FOUR YEARS more than half a century, the educational activities, philosophies and main purposes of the Intercollegiate Association have had a place in the civic and moral thinking and action of succeeding generations of American college students. The movement, thus represented, has been continuous, even persistent, in its call for understanding and constructive service in its specific field of social service.

All through this period, it has sought to turn the high ideals and aspirations of thinking youth into ideals of responsible service and leadership; to bring to a specific problem in human living the conviction that "Democracy is something deeper than Liberty"; that "it is Responsibility."

As a result today—and through the past fifty years—educators, ministers, editors, scientists, organizers, and reform and political leaders, who were members of the Association in their college years, have been giving life service toward understanding and solving the problems of alcohol in human living. A leadership-enlisting movement for more than fifty years, the Intercollegiate Association is now looking forward to another half-century of similar service.

But today we face a different situation. The public has grown cold to the liquor problem—and college people, no less cold. They seem unaware of the situation that yields

From the Report of General Secretary Harry S. Warner, for 1953, to the International Council of the Intercollegiate Association for Study of the Alcohol Problem.

alcoholics by the million, and depleted personalities by the many millions—a casualty list that far outstrips those of cancer, tuberculosis, polio; one that can be compared only with war in its withering effects on personality and social and moral standards.

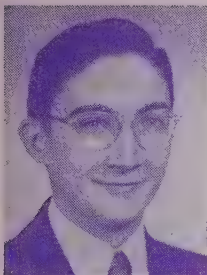
In hearty idealism, college leaders and students today join in efforts to reduce race tensions, to care for war-displaced persons; they give life-allegiance to these causes. And that is good. But they ignore, or are unaware of, this greater problem. For, the latest survey shows that 74 per cent of present-day college students drink. This is in sharp contrast to the practice of the majority, previous to 1930.

Recently, however, public concern about alcoholism has been growing again. The crashes on the highway are too obvious and tragic to be overlooked. The never-ending stream of inebriated humanity and alcoholics—the “alcohol sick”—is now receiving the attention of specialists, doctors, psychiatrists, ministers, A.A.’s, and government officials, in addition to that of religious and reform leaders. Such a situation thinking younger people can no longer overlook.

Most significant in support of this conviction is the fact that university-sponsored institutes, teacher-training programs, and summer schools relating to the problem have sprung up widely across the country. Leadership in the higher educational field is now being given in Canada and the United States as never before in any country.

Our Crisis-Opportunity

The opportunity that now confronts the Intercollegiate Association has to do with the group in our national life from which come the leaders of culture and public opinion. The Association is the one agency that for half a century has been working exclusively in this field. Doing so, it has sought to encourage objective, scientific, yet realistic, study and thinking. Such study, we believe, offers the natural basis for personal decision, life service, and the enlistment of leaders. Yet with this very fundamental approach, the Association faces a crisis.



Robt. Dave Alkire
Ohio State University



Norman A. Fretz
Univ. of West. Ontario



Ralph Fleming, Jr.
Duke University, N.C.

Three of Eighteen Student Members on the International Council

It has always had difficulty in securing financial support. People respond freely to appeals that are full of emotion; this service has no such appeal. Immediate tragic needs bring generous response; this service offers no quick returns. Its results mature in the future. It votes out no saloon, aids no alcoholic, offers no easy solution. But it forecasts the slow growth of such a sense of responsibility in successive college generations as will yield a sufficient leadership in public opinion to completely change, reduce, and remove the tragic consequences of alcoholic intoxication from human society.

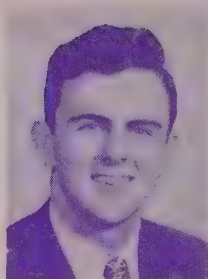
In the past five years, real progress has been made. In launching the new Intercollegiate Schools, conducting a series of awards for editorial writing by hundreds of students each year, and continuing all previous activities at the same time. But from now on, we must have new, young men who are capable of making a real impact on the unthinking student leaders of today, as only young men can do. Can we get the men and money to do this job? That is the question of 1953-54.

We dare not stand still. Only an aggressive program can meet the need. We must advance, or be submerged by the vastness of the opportunity.

A noted Harvard sociologist, in a study of world progress, says that crises and creative opportunities come to-



W. Roderick Covey
Ohio State, '52



K. E. Graham
Millsaps College, Miss.



Donald A. Groskreutz
Wartburg Seminary, Ia.

gether. The crisis is the factual reality; the opportunity is the vision that sees the reality beyond the moment. Spurred by insecurity and danger, men invent new techniques, move forward quickly; their minds are creative; they reconstruct programs and win out over the crisis.

I. Confront This Crisis

The crisis of the Association consists of the following:

1. The necessity of meeting our annual operating budget, clearing the last of a long-standing debt, and enlarging our staff—all at the same time.

2. The immediate need is for men and women in full-time service in the field and office to devise effective techniques, share financial responsibilities, contact friends, collegiate and financial, and to prepare for executive leadership. This need is imperative, self-evident.

3. Another crisis factor is the cost of field activity in these recent years, especially travel. Yet, personal contacts with faculty members, student leaders, contributors, and prospects, as well as speaking and conferences, must continuously be made.

4. The changes that have come now for several collegiate generations in attitudes toward "drink," in customs and thinking, since the resurgence of alcoholic culture, demand continuous re-study of how to make our program effective. This is most necessary if the program is to



L. T. Hartaway, Jr.
Boston Univ., S.T.



Jerry A. Kurland
Sir Geo. Williams, '52
Montreal

reach those who need it most—to have spreading value in the college community. As an illustration, it has been evident for years that to form local organizations of our own would have little value. They would become too ingrown to be influential on the campus. It seems best to work through existing agencies, seeking not only their cooperation in what we want done, but their cooperation in determining what can and should be done.

The basic fact of change in majority attitude that has occurred is highlighted by the Yale report on "College Drinking," published in October, which shows that 74 per cent of the students in the representative colleges surveyed drink. Some of these drink very little, to be sure, but they do drink. Only 26 per cent decline to do so. The practice of faculty members, it may be assumed, is not greatly different; while that of alumni, returning to the games and celebrations, adds prestige to the custom and suggests powerfully the social road to be taken in gaining acceptance and important positions after graduation.

In these respects, the situation today is in sharp contrast to that of most colleges 25 to 35 years ago, as shown by many surveys expressing attitudes made at that time.

II. Resources for Early Avance

The resources of the Association, however, for accomplishment, are greater than at any time in 30 years. They are sufficient to win over the crisis. Note the following:



Wayne A. Meeks
University of Alabama



Evelyn Bender Vance
Contest Secy., '53
Otterbein, '52



Richard Sprague
Baldwin-Wallace, '52

1. The program of the Association has changed, gradually, from period to period, to correspond to changes in educational understanding and procedure. The results of scientific research and the additions it makes to previous scientific knowledge are taken into account. Frank study of the best information and the making of personal and group decisions on the results of such study have long been fundamental in our activities. Such study leads naturally to the examination—and often serious questioning—of social drink traditions, motivations, conduct, and consequences. It raises the practical question: What can we do about it?

This objective approach in study of the liquor problem, allowing personal decision to grow out of first-hand study, had a place in the program of the Association as early as 1900, and ever since. However militant other activities may have been, at times, the principle of freedom to investigate, and to make personal decision has been respected and effective during the years. The three or four young men who re-organized the movement fifty years ago regarded "study it for yourself" as the natural way to interest college students in the cause.

Today, even more explicitly, free discussion of all aspects of the alcohol problem is the approach that yields real education and lasting understanding. Propaganda



Barbara Anne McNutt Frederick D. Hoffman
Mount Allison Univ., '53 Boston Univ. S.T., '53, '54
Co-Chairmen, Intercollegiate School of Alcohol Studies,
U. W. O., London, Ont., Sept. 5-11, 1954

and semi-propaganda do not appeal to thinking young adults. This approach is often injurious, rather than helpful. On so controversial a public question as alcoholic drink, or the limiting of its availability by restriction of sale, or its banishment, the objective approach is the only one that will win the confidence of the many younger people who accept drink customs or feel that they have a right to do so. Conflicting views, now so prevalent, need to be brought out into the open, explored; scientific data assembled, compared, and freely discussed; the pleasures of mild intoxication that are enjoyed by vast numbers will thus be studied—and confronted—by the very serious facts of drunkenness and its personal and social consequences. Thus, a learning process takes place. Thus, a foundation is laid for realistic facing of the future and the growth of an intelligent sense of responsibility for service.

This way of treating the Alcohol Problem and its many ramifications, is the most valuable resource that The Intercollegiate Association of today has to offer to the future—the future in its particular field and the future in the larger civic movements that face both the cult of “drink” in society and the traffic in its production and sale.

2. The Intercollegiate Association has gained, through

the years, a REPUTATION FOR LOYALTY to these educational ideals. This is recognized in college communities and educational circles wherever our work is or has been known. No other organization specifically related to the Alcohol Problem occupies so strategic a position. This is a resource of sacred value. Our desire is to win the fellowship of thinking youth on this basis for mutual study, not to promote programs of authoritative statement or propaganda.

A recent illustration on a large scale is outstanding. A little over two years ago, a similar movement was begun in the universities of Canada. A modern scientific and objective approach, it was believed by those interested, would be the only basis on which cooperation in the colleges could be secured. With this understanding, Rev. John A. Linton, a national leader in Canada who had shared in one of the Intercollegiate Schools, began a series of interviews with university and college officials, and conferences with administrative and faculty groups in Ontario, Quebec, and the prairie provinces.

This way of appealing to their own thinking was welcomed wherever he went. As a result, two or more across-Canada lecture tours, including faculty conferences, class talks, and student group sessions have followed. Practically all the colleges and universities of Canada, from the Nova Scotia colleges and St. John in Newfoundland to the University of British Columbia, have been reached, and redoubled visits have been made to those of Ontario and Montreal. The interest and results exceeded expectations; calls for lectures by scientific and educational experts have followed. Of particular meaning is the fact that at one great university a representative conference of leaders from many departments planned and carried through an all-university day of three sessions, attended by 300 students from all the colleges and departments—Arts, Medicine, Engineering, Theology, and others—under the sponsorship of the University student council with its president as chairman. Naturally enough, there has grown up a vigorous Canadian section of The Intercollegiate Association under Mr. Linton's leadership

as secretary.

Something parallel to this new type program should be undertaken in the United States on a large scale, as soon as funds can be found to give it a reasonable test. Thereafter, it may be made to provide a new source of income to The Association.

3. Another resource is the ability of The Association, gained by much experience, to utilize the results of both recent and accumulated scientific research as the foundation for programs that are broad enough and deep enough to reach, understand, and reduce the main sources of alcohol in daily living.

Those that come from the social tradition of drink, those that center in the personality of the individual, the tendency to "excess" in drinking, the saloon, the liquor traffic, the driver on the highway, the drunk on the street, the alcoholic, the "Monday-morning hangover" in industry, alcoholic "sickness," the delinquent child and his home, public control, trade advertising and promotion, banishment, and their correlation with social attitudes and customs—all have a place in the rounded-out study program of The Association.

4. The new INTERCOLLEGIATE SCHOOLS of Alcohol Studies, tested now in four successive summer sessions, give qualified students a week of intensive study under the inspiration of scientists, educators, and counselors. It is the purpose of these schools to interest and strengthen young leadership—first, in the colleges and student movements; and, second, in preparation for civic life and service. Four annual sessions have now been held. Instruction has been of high grade, student participation freely given and unlimited—including midnight groups. Students have attended from 56 United States and eleven Canadian colleges—from Mt. Allison in New Brunswick to Willamette in Oregon.

5. The ROBERTS' AWARDS for Editorial writing, offered annually, are the result of a generous gift—an endowment by Logan H. Roberts, who was a college secretary in the early days of The Association.

Mr. Roberts, for years a successful lawyer and businessman of the state of Washington, died April 11, 1953.

Six years ago he began to set up a trust fund, adding to it for himself and the Roberts' family until it reached \$77,000.00 in value, yielding interest to be used in editorial awards, contest expenses, and the publication of the winning editorials each year "to aid solution of the Alcohol Problem." Dedicated to successive generations of undergraduates who study this problem, these annual awards are now a memorial to his fine interest and life-service in law, business organization, and his church.

Organized largely by Edwin H. Maynard, of the editorial staff of *The Christian Advocate*, to insure study, class instruction, and editorial writing, this system has spread already to hundreds of colleges in the United States and Canada. Professors of journalism, English, sociology, and education use the themes in their classes—sometimes in several sessions that require reading or a week of instruction preceding the actual writing. Hun-

**The INTERCOLL
At Victoria, Uni**



dreds of students outside of these classes write papers, which are among the best because of the independent interest and study given. Each year, 25 or more winning papers are published in *The INTERNATIONAL STUDENT* and distributed to practically all the colleges of both countries, to over 1,000 high schools, and to student agencies in Europe.

6. *The INTERNATIONAL STUDENT* is a resource for educational material and inspiration. Now in its 51st year, it is the only periodical on the Alcohol Problem edited for young adults and students. It makes available scientific and educational material at the college level, in condensed and interesting form for easy reading. It reports activities of alcohol educational value that are undertaken in colleges and universities.

At one time, *The INTERNATIONAL STUDENT* had correspondents in twenty-three countries and a limited

E SCHOOL of 1952,
of Toronto, Ontario



May, 1954

but influential circulation in each. For eight years, much more recently, it was sent regularly to the libraries of 23,000 public high schools—practically all in the United States—by a cooperating organization that wanted to encourage teaching on the Alcohol Problem by teachers in the schools, and to provide them material and the evidence of college activity as aids. This was a creative, self-multiplying project of high educational value.

To offer *THE INTERNATIONAL STUDENT* again to high school teachers and to young adults in church and civic leadership, in addition to its specific service in colleges, is a project that should soon be renewed. It must be noted that in the total field of alcohol-problem study and education there are various educational, scientific, and temperance promotional periodicals, but none that attempts to serve objectively the needs of critical young adults except *THE INTERNATIONAL STUDENT*.

III. To Enlarge Our Program

1. A MEMBERSHIP PLAN, approved by The International Council, July 25th, now being given trial, is designed, first, to win a cooperating constituency of college groups, faculty members, leaders of college religious organizations and individual students to share in carrying into effect the purposes of the Association. Not having local groups, we seek especially the affiliation of such Contact Members to include the Alcohol Problem in their activities and gain the advantage of intercollegiate fellowship with others interested. The membership dues are \$5.00 to \$10.00 for groups; \$5.00 for faculty members, and \$2.00 for individual students.

The third membership group—College Alumni—may extend the principles of the Association into community living, and give particular aid through their dues of \$10.00 per year, which may be made a vital new source of income to the Association.

Membership thus brings to students, their leaders and professors, and to alumni the sense of actually sharing in the scientific approach and educational program of *The Intercollegiate Association*.

2. The interest aroused at a great university recently,

the University of Toronto, Canada, January, 1953, by an all-university "Alcohol Problem Day" in which students from many departments and affiliated colleges participated in morning, afternoon, and night sessions, suggests that the time is ripe for something similar in both Canada and the United States.

Modified by earlier experience in more than 100 colleges per year, the plan might include a series of "Fifty-Mile Forums," sponsored by the colleges within a fifty-mile radius and including high-reputation speakers, an Intercollegiate Secretary, and student leadership. The cost need not be too great. Some local income could be secured to aid each "Forum," but a contribution to underwrite each should be pledged in advance.

The result would be aroused interest in the educational and scientific approach that would encourage activity among many outside of college as well as within—those who are concerned but waiting for a new and positive program.

The TOTAL PROGRAM of The Association, thus, with its integrated parts, is a balanced unit with each project coordinated with all the others. The preparation and distribution of specially-edited literature; discussion and study programs; utilization of basic scientific information, including the results of latest research; the Roberts' editorial writing awards; the annual Intercollegiate Schools of Alcohol Studies; the International Student, to spread the activities and principles of The Association and a new membership of student groups, professors, and alumni each is a part of one International Intercollegiate Movement that seeks, first of all, understanding—then, service toward solution of the Alcohol Problems of today and the growth of normal, healthful living that is free from dependence on alcoholic intoxication for social and personal happiness.

IV. Basis for a Permanent Fund.

Looking forward and back—fifty years each way—the main need of the Intercollegiate Association just now is a means of assuring steady progress in a long-range program. The task is gigantic, the time required cannot be known. But to insure that continued steps shall

be taken over a reasonable period, we should undertake soon the beginning of a FIFTY-YEAR ENDOWMENT FUND, so organized as to permit the use of both income and principal of endowment gifts, in equal amounts, annually during the fifty years. Investments given to such a fund would yield their maximum at the time when most needed. The perpetual tie-up of funds to an indefinite future when needs may be very different, would be avoided.

This fund should be held, administered, invested, and its returns allocated yearly to budget service by a Trust Foundation within the charter of The Intercollegiate Association. We now have several funds invested that might serve as a beginning, with the expectation that much larger amounts would be added to this unique—yet, doubly creative—type of investment in “our coming leaders of public opinion.”

Is It Day-Dream or Blue Print?

Whether this plan is a daydream or a workable blueprint, I propose that it be given early attention by the Trustees and Executive Committee, or the International Council. For, there are well-to-do friends of The Association who have been aiding generously for many years who are now getting older, and their gifts will cease or, thus extended, be of future service—for fifty years.

NOW THAT A NEW DAY has come, let us build, with the cooperation and leadership of courageous young men and women, a movement that can put into effect the basic purpose of The Association to an extent that has never before been undertaken.

THIS CRISIS PERIOD is our CREATIVE PERIOD.

BEQUEST FORM

I give and bequeath to the Intercollegiate Association for Study of the Alcohol Problem, a corporation of the District of Columbia, Washington, D. C., the sum of dollars, to be used in the work of the Association.

Headquarters, 12 N. Third St., Columbus 15, Ohio.

The Intercollegiate Association

For Study of the Alcohol Problem

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December 31, 1953

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Theodore M. Nichols, Hart House, University of Toronto, Ontario

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 Edward H. Pruden, minister, First Baptist Church, Washington,
 D. C.
 Richard Richards, personnel, National Y.M.C.A., New York
 Donald H. Roberts, business, transportation, Seattle, Wash.
 C. T. Ryan, professor, State Teachers College, Kearney, Neb.
 John H. Shouse, attorney, Department of Agriculture, Washington,
 D. C.
 Fred C. Slager, principal, Central High School, Columbus, Ohio
 Harrison Smith, student, Babson Institute, Babson Park, Mass.
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Liberty And Responsibility

DRINK WILL NOT commend us to God. We are no worse off if we do not drink, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling-block to the weak.

"For if any one sees you, a man of knowledge, drinking, might he not be encouraged, if his conscience is weak, to drink? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ.

"Therefore, if drink is a cause of my brother's falling, I will never drink, lest I cause my brother to fall."

—Paraphrased from First Corinthians 8:8-13. Revised Standard Version, by Arthur G. Skeels.

Heavy Drinkers Classified

By a Police Officer

A CHIEF OF POLICE in a New Jersey city, classifies the drunks that his department processes, as follows:

The fighting drunk—gets nasty after a few drinks and wants to fight anyone, male or female.

2. The religious drunk—prays vociferously on street then heads for the nearest church and drops off to sleep.

3. The leaning drunk—is reluctant to move and wants to lean on the nearest upright solid substance, whether it is the policeman, a fellow pedestrian, lamp post or a plain wall.

4. The crying drunk—this obnoxious person carries a good part of the community's alcohol in his system and a large part of the woes of the world on his heaving shoulders.

5. The singing drunk—here's the person who after a few bottles or drinks is convinced he is on the concert stage—flats where he should sharp.

6. The suspicious drunk—he's convinced that the police or his companions or both, are trying to railroad him into some asylum or jail, where he should rightly be, by the way.

7. The wife-beating drunk—this character is usually a small man mentally and physically and would not engage in a fight with a 7-year-old boy without the false courage of a bottle. When he drinks he wants to lam-baste somebody, usually his ever-suffering wife.

8. The running drunk—this guy is always in a hurry. He goes crabwise down the street, usually in search of another shot.

9. The generous drunk—this slap-happy person is tight about a nickel until he drinks too much and then he makes a fool of himself by going around waving fistfulls of bills at everybody. It's usually the money to pay off an old telephone bill.

10. The loving drunk—he always wants to kiss every woman in sight except his own wife.

11. The talking drunk—tells interminable stories about himself.

12. The important drunk—this is the person who wants to dominate everybody about him and who is filled with yarns about all the big shots he knows.

This unsavoury crew are well known to most policemen. The average citizen meets them once in a while.

Growth and Spread in a Typical State

The following figures on the extent and growth of Alcoholism in the State of Washington were compiled by Dr. E. M. Jellinek, Consultant on Alcoholism, World Health Organization, and published in the *Quarterly Journal of Studies on Alcohol*, Yale University, March 1952.

	1940	1948
Alcoholics without complications ..	6,839	12,956
Alcoholics with and without complications	27,356	51,824
Rate per 100,000 Alcoholics with and without complications	2,268	2,864
Total State Population (1950 Census)		2,378,963
Adult Population—21 years and above (65% of total)		1,546,326
Ratio of alcoholism to total population—1 out of 46 of the total population.		
Ratio of alcoholism to adult population—1 out of 30 of the adult population.		
Average of new cases per year, 1940—'48		3,058
Ratio of new cases to total population—1 out of 778 of the total population.		
Ration of new cases to adult population—1 out of 309 of		

the adult population.

Poliomyelitis in Washington State:

We seldom realize how much of an impact alcoholism is making until we compare it to other major health problems. Then it amazes us how concerned we can be about the suffering of a few, and at the same time so indifferent about the suffering of so many. Compare the following figures on polio with those above:

Epidemic level for Polio in Wash.—22 cases per 100,000 population (U. S. Public Health Service)

Polio level in Washington 1952—55 cases per 100,000 population

Total Polio cases in Washington 1952 1,312

Ratio of Polio to total population—1 Polio case per 1,813 of the total population.

Never could it be suggested that Polio is getting undue medical and public attention. But we do raise the question:

“Are the lives of the infinitely greater number who are suffering from alcoholism any less important than the lives of those who suffer from Poliomyelitis?”

A little girl, under five years old, sat before the television. Suddenly she said to her mother, “I want a drink.”

Her mother replied, “There is orange juice in the refrigerator.”

“But I don’t want orange juice.”

“Well, then, there is grape juice.”

“I don’t want grape juice.”

“What do you want, dear?”

“I want Schlitz beer.”

The mother was amused, and thought her darling was quick to catch on to what she had seen and heard.—The Maryland News.

You certainly have made a unique contribution and extended the influence of the Intercollegiate Association far and wide.—Dr. John R. Hart, The Washington Memorial Cathedral, Valley Forge, Pa.

Progressive Mid-Summer Institute

At Millsaps College

OUTSTANDING among the smaller colleges of America, the past six years, has been the educational leadership at Millsaps College, Jackson, Mississippi, in study and instruction on the Alcohol Problems of today.

Offering courses of instruction with curriculum credit to college students during the year, summer courses to teachers and students preparing for teaching in the summer institutes for community leaders and advanced students and providing faculty lectures for local institutes over the state, this Southern college is putting into effect a coordinated program of instruction that gives substantial attention to the realities of beverage alcohol in human living, and at the same time integrates instruction on alcohol with its many inter-related social, economic, welfare and cultural aspects --all as a part of an educational process that prepares for civic, educational and religious leadership and responsibility for service.

From this background of experience, Millsaps offers this year a Summer Institute of Alcohol Education, July 26 through August 6, under the direction of Dr. J. B. Price and a staff of twenty-four, continuing those previous years at the college. With the purpose of promoting "better understanding among citizens whose work or interest brings them in contact with problems resulting from alcohol consumption, as they relate to traffic, jails, schoolrooms, churches, industries, hospitals or homes," the Institute, offers this year a very substantial series of lectures, seminars, institutional studies, open to students, teachers and citizens generally. Credit toward degrees for students and graduate students is afforded through the University of Mississippi—Millsaps College Center at Jackson, and due recognition is given to others who attend the Institute.

To the International Student

A word of congratulation on the last two issues. (January and February, 1954.)—Gerard Edward Barry, Franklin, Pa.

Your suggestions of research into the sources of the rise and growth of social customs and practices (of alcoholic drink) certainly have much merit. I hope the Council can make a real start toward these objectives.—Dr. Winona M. Perry, Education, University of Nebraska.

In Australia, students in theological colleges have been writing in a 2,000 word essay contest on "Social Drinking: Its Moral and Physical Aspects," during the past year.

"Social Drinking: Its Personal and Public Implications," was the theme on which students in several of the universities of Great Britain have been writing 3,000 word essays. Papers were received by the Collegiate Association, in charge, from Oxford, University of London, Cardiff, Yorkshire Training College, Teachers College at Exmouth, Scottish Congregational College, Wesley Methodist College at Leeds, and Cambridge University.

During 1953-54, John Linton, Canadian Secretary of the Intercollegiate Association, has conferred with faculty officials and groups, shared in class discussions and interviews with student writers, among the universities and colleges of the eastern and central provinces. Calls for his objective approach—most effective at the university level—resulted in one to two day programs at two universities in Nova Scotia, McGill and Sir George Williams in Montreal; at Laval, Quebec; Queens College, Kingston; Carleton College, Ottawa; McMaster, Hamilton; and two days at the University of Western Ontario, London. Particular interest developed among students in journalism and theology, the latter in schools of both Protestant and Catholic affiliation.

In recent months Dr. Albion Roy King, Vice President of the Intercollegiate Association, gave all-day lecture-discussion programs at Wartburg College, Iowa, and Dickinson College, Pa., among others.

Hangovers cost factories a billion man-hours every year, according to a statement by E. H. Carleton, M.D., Medical Director at Inland Steel Co., East Chicago, Ill., in an interview at a meeting of the American Association of Industrial Physicians and Surgeons, in April 1951. A program on alcoholism was presented, 600 industrial physicians, nurses and hygienists attending.

Student Editorial Writers

Express Opinions

Social Drinking—What Do I Think? It should be frowned upon and voluntarily banned by thinking people. If it is made unpopular, it will diminish as other unpopular ideas do. An awakened citizenry can accomplish this.

—David E. Peters, Lafayette College '56, Easton, Pa.

If influential members of society could be convinced of the seriousness of the problem, a great amount of the world's alcoholism could be eliminated.

—Frances E. Piercy, Mt. Allison University '56,
Sackville, New Brunswick

Governments and automobile clubs recognize its anti-social nature. They post signs: "If you drink, don't drive."

—Betsy Brodhead, Ursinus College '54, Collegeville, Pa.

Look at the adult society that says with mock seriousness, "Now, dears, you mustn't drink," and then tilts its own bottle again to fill another glass.

—Lois Bush, Univ. of Idaho '53, Moscow, Idaho

Anyone who says, "You can't get along socially unless you drink," or "It's only the prude who refuses a highball" is sadly limited in social experience and lacking in sophistication.

—Don Theophilus, Jr., Univ. of Idaho '53, Moscow, Idaho

Accepting a drink just for the sake of conforming to a social HABIT may start you on the road to being a social PROBLEM.

—Nancy R. Cooperman, College of Education, University
of Illinois '57, Champaign, Ill.

Abstinence is safe for ALL but moderate drinking is dangerous for MANY.

—Carol Jean Whidden, Southern Missionary College,
Collegedale, Tenn.

There is a saying, "You can drive a horse to water, but you cannot make him drink." If an animal has sense enough to know whether or not he wants to drink, why shouldn't a human being? . . . If you do not want to drink, you should not allow yourself to be swayed by the majority of the crowd.

—Beverly A. Gagner, State Teachers College '56,
Salem, Mass.

Those who drink and those who do not drink are both paying too high a price for liquor.

—Frank S. Salcedo, Pasadena College '56, Pasadena, Calif.

Moderate and social drinkers are responsible for the drinking problem today, for they give an air of respectability to drinking. A halo of dignity is placed upon alcoholic pleasure while many of the tragedies are concealed.

—Lester M. Settle, Mount Allison Univ. '54, Sackville, N. B.

Social drinkers are just as much a threat to our society as the drunkard who is beating a path to the door of Alcoholics Anonymous. The content of the alcohol is still the same. The same tawdry atmosphere is present, however subdued it might be.

—Carole M. DeToin, State Teachers College '56,
Salem, Mass.

The educational program should guide young people in satisfying their basic personality needs through positive pursuits rather than through the negative escape and relaxation obtained through alcohol. . . . A well balanced educational program can provide the facts about alcohol for developing a healthy mental attitude and also provide suitable outlets for satisfying the emotional and physical needs of youth. May such a program have the support it deserves!

—Faye Vane, Manitoba Provincial Normal School '53,
Tuxedo, Manitoba

Alcohol doesn't help us do anything well, but makes us less ashamed of the poor way we do a thing.

—Helen E. Jenkins, S. Carolina Area Trade School '54,
Denmark, S. C.

We have a moral responsibility to maintain the health and efficiency of our mind and body.

—Irmgard Dueck, Provincial Normal School '53,
Tuxedo, Man.

OF ALL ALCOHOLIC FACTS, the most significant is that the man who drinks is prevented, by the drink itself, from realizing its effect upon him. In the words of Doctor E. M. Jellinek:

"IN REACTION EXPERIMENTS, if you ask a subject how he is performing he will say, 'I am performing much better,' although he is performing worse. The subject may think he is driving an automobile slowly when he is really driving fast. In traffic considerations the important thing is the increased ego of the drinking motorist."

From a study of the increased rate of alcoholic commitments and of deaths from alcoholic cirrhosis of the liver a recent report estimates that the prevalence of alcoholism in California has increased 25% to 35% in the past ten years.—From "State Tops US Alcoholism by 50%," Sacramento Bee, Feb. 16, '54.

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THE
INTERNATIONAL

OCTOBER

1954

STUDENT

-- And Digest of Alcohol Studies

In This Number

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at the Intercollegiate School

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Drinking in College

The Social Drink Tradition

Toward a Climate of Sobriety

The Problem—Personal and Moral

The Problem Through the Ages

The Alcoholic

The Social Worker Faces Alcoholism

University of Western Ontario, London.
Huron College housed the Intercollegiate School.



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THE INTERNATIONAL STUDENT

October, 1954

Vol. 52, No. 1

HARRY S. WARNER, *Editor*

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Roberts' Editorial Awards of 1954

THE HONORS AND CASH AWARDS in the Logan H. Robert's Editorial Writing Series of 1953-54 were announced at the Intercollegiate School of Alcohol Studies at Huron College, London, Ontario, September 10 on the theme of the year:

*"The Opportunity of the Home in Dealing
with the Problems of Alcohol."*

First: \$200.00—Patricia Jacobs, Otterbein College, Westerville, Ohio.

Second, Third and one Fourth; a tie of three—\$100.00 each—James Rogers, Delta State Teachers College, Cleveland; Miss Eugene Thomas, Northland College, Ashland, Wis.; Pearl W. Swallow, Texas Christian University, Ft. Worth, Tex.

Fourth: \$50.00—Lindsay Marshall, Queens College, Charlotte, N.C.
Fifth: 12 awards at \$20.00 each.

The November **International Student**, an Editorial Awards issue, will contain the winning editorials of twenty or more of those standing highest in the honors of 1954. These students have done high-grade writing.

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Seeking An Effective Approach

TO THE PROBLEMS OF ALCOHOL

FOR THE PURPOSE of "Seeking an Effective Approach" in education on the problems of alcohol that will appear vital and realistic to younger thinking people today, the Intercollegiate School of Alcohol Studies centered attention this year, first, on gaining basic knowledge regarding these problems, and second, on how to make use of the scientific and practical knowledge now available in constructive service.

It was not so much a **new** approach that was desired, as it was one that would interest, arouse realistic concern, and tend toward action at the college level and in a forward look toward service and leadership in later life.

To these ends the School at Huron College, University of Western Ontario, September 5 to 11, was planned to be objective and scientific rather than propagandist—devoted to serious study of the realities of alcoholism and the alcohol problems in every branch of current-day society.

International—as it has been in recent years—this fifth annual summer School of the Intercollegiate Association included students from universities and colleges as widely distributed as Bates in Maine, Carleton in Ottawa, Millsaps in Mississippi, and LaVerne in California. The enrollment of 53 included 37 undergraduates from 26 colleges and universities as follows: Canada: Carleton, McGill, University of Western Ontario, and Huron. United States: Bates, Bucknell, Cornell, Muskingum, Ohio State, Findlay, Goshen, Millsaps, Iowa State, Iowa Wesleyan, Randolph-Macon, Virginia Polytechnic, Madison, Radford, Randolph-Macon Women's, University of Kansas, Bemidji State Teachers, Shepherd, Westminster, La Verne, Southwestern, and Teachers College of Connecticut.

The program of the week, with educators, scientists, research experts, medical men, psychiatrists, and A.A.'s as lecturers and seminar leaders, was constantly open to questioning and discussion, which was freely accepted by those attending. But the greater freedom of discussion in the two-hour daily seminars—groups of eighteen—which others at the School and visitors did not attend, more than any other feature of the week, tended directly toward finding that "effective approach," or, at least, the first steps toward it. That was the main objective of the School.

Growth of understanding and increased interest were shown by means of questionnaires at the beginning and again at the end of the School to get the opinions before and after the week of study.

The program each day began with a devotional hour in the chapel of Huron College, Anglican Divinity School. Two morning lectures, afternoon seminars, a recreation period, another lecture in the evening, and a well-filled social hour with folk-dances, and spontaneous group discussions followed.

Lecture sessions began with an orientating and realistic, yet most inspiring, address by Canon Quinton Warner, of London, whose life has been one of service in counseling with young people, military men, alcoholics, problem drinkers, and others who need most the deeply personal and spiritual aid which he is so qualified to give. This address did much to center the attention of the week on the human realities of drink in our life today, rather than on statistics. It gave the best possible foundation for consideration of the economic, health, psychological, social, and other factual material which followed in later lectures.

The subjects of the week, organized to begin with basic information and leading through concrete personal problems and social consequences of the drinking custom to bases for action and inspiration for service, included the following:

"Basic Information," "Alcohol and the Mind," "Motivation," "Ethical Aspects of Moderation and Abstinence." Three lectures by Dr. Albion Roy King, Professor.

(Continued on page 16)

Emphases And Main Ideas

At the Intercollegiate School

THE RANGE OF BASIC information and educational principles brought out by the speakers at the School as most vital under present conditions may be noted in the following excerpts, quotations, and condensations from the lectures of the week:

The Physiological Basis and Medical Care

Dr. R. Gordon Bell, Medical Director at Willowdale Hospital, Toronto, and Consultant in the Department of Reform Institutions for the Ontario Government on Alcoholic Rehabilitation, gave the basic lecture on the public health aspects of alcoholism and the alcohol problem.

IN ADDITION to the latest scientific understanding of the influence of alcohol in the body, Dr. Bell brought out, in particular, its effects in disturbing the functioning of the central nervous system, and the great problems of the alcoholic and alcoholism. Of most significance, was his discussion of the vital service now being done by research experts, psychiatrists, and mental health institutions. This attention to many of the new lines of constructive service, now increasingly effective, gave a realistic—yet optimistic—and scientific foundation to the program of the week.

"The medical care of the alcoholic," he said, "is recognized today as being of greater importance for his recovery from dependence upon alcohol than at any time in the history of this disease. When such medical care is combined with the psychological, social and spiritual assistance now available, a recovery rate is possible that greatly exceeds the recovery rate from any other method alone."

He added that society must share and give practical aid in seeking recovery of the addict by spreading out over his intimates and friends a sense of dependence that he has on alcohol.

Why People Drink and Basic Information

Three lectures by Dr. Albion Roy King, Professor of Philosophy at Cornell College, Mt. Vernon, Iowa; author of *Basic Information on Alcohol*, and Vice President of the Intercollegiate Association, contained the following ideas:

THE MOTIVES to drink in modern times are not simple. "There is, to be sure, the case of the solitary drinker who makes his escape from life by shutting himself up with a bottle and drinking himself into oblivion. . . . But most drinking is done in company and for the sake of company. . . . The beer garden and cafe in Europe and the tavern and saloon in America are social institutions of no mean importance. . . .

"Any program for social control of liquor must take into consideration escape motivation. . . . The evils of alcoholism always flourish at the extremes of the social scale, among the idle rich and the desperate poor; and the motive of escape is the explanation in either case."

Mere drinking once, twice, or even numerous times will not make a drunkard. "But just the moment any person begins to solve his problems or to secure his most delightful satisfactions with the aid of alcohol, that moment he has entered the broad road to addiction."

"It is almost mathematically impossible to drink yourself to death." As though nature had provided for the drunkard, even the marathon drinker has "hit the floor" by the time the alcohol in his blood has reached .3 per cent. Death is imminent when the alcohol content reaches .6 per cent.

"Or, in other words, a drinker with suicidal intentions, and those who think there is no better way to die, once they are on the floor, still have to find an amount equal to what they have already drunk before they are likely to achieve their aim."

A person whose moral and ethical principles are grounded deeply into his makeup is not likely to go against them because of alcohol. But a person whose principles are not very deeply rooted and takes a drink with a premeditated intention to go against these principles will find that a drink will facilitate his intentions.

There are three fields of action: Education, propa-

ganda for social action including legislative action, counseling and rehabilitation.

It is an absolute necessity to the success of this comprehensive program that action be handled by specialists, each trained in the field of his activity.

"These three activities are all so different that sometimes they are in conflict with each other. Each requires the specialized technique of a trained person for a successful job."

Using the preaching technique to teach is as unappealing as using the teaching technique to preach. Teaching does not mean to preach, but to impart knowledge for understanding—a preacher is a propagandist and that is where he should stay.

College Drinking and Student Problems

Two lectures were given by Dr. Robert Straus, professor of Public Health at the College of Medicine, State University of New York, Syracuse. Recently of the Yale Center of Alcohol Studies, Dr. Straus was director of the five-year survey of drinking in American colleges and co-author with Dr. Seldon P. Bacon of the book, *"Drinking In College,"* his lectures included the following:

THE SURVEY, completed three years ago, showed that of the total number of students involved, 80 per cent of the males and 65 per cent of the females drank on at least one occasion a year; that a great majority of the women students and a high percentage of the men students had never been drunk. Only six per cent of the men and 1 per cent of the women were earmarked as potential problem drinkers.

"Coincidentally, our percentages on the potential problem drinkers among the students worked out to just about the national average."

The parental pattern disclosed by the survey showed that where both parents drank, 92 per cent of the male students and 83 per cent of the female students drank; but when both parents were abstainers, only 58 per cent of the male and 23 per cent of the female students drank.

Where no advice to abstain had been given, the number of drinkers were: (male first and female second) 82 and 65 per cent; advised by parents to abstain, but drinking—60 and 33 per cent; advised by church to abstain,

but drinking, 84 and 50 per cent; advised by school to abstain, but drinking—90 and 77 per cent. Parental advice was by far the most effective.

The main reasons given by non-drinking students for abstaining were based on religious teaching and the standards desired for good health.

The prevailing impression that fraternity and sorority houses are centers of alcohol consumption was discounted. The survey showed that only a small percentage of student drinking occurs in these institutions.

Most significant among the findings of the survey is the fact that a large percentage of the students that drank and had experienced blackouts or "other danger signals" expressed anxiety over the long-range results of drinking.

"In this early phase of the progression, there was found to be a very marked prevalence of anxiety in the long-range consequences of their drinking, and this suggests that it is possible to effect successful counseling with young people before they reach the age where they have no remorse."

The Alcoholic and His Home

Miss Margaret Cork, of Toronto, Chief psychiatric social worker for the Ontario Alcoholism Research Foundation, and film lecturer, included information in her lecture as follows:

ALCOHOLISM IS THE FOURTH greatest public health problem on the North American continent. In 98 per cent of the cases, alcoholism has roots in "disturbed family life."

For that and other reasons, those who would ostracize the alcoholic and his family are unenlightened and unjust, and are adding possible major distress to a family already emotionally upset.

The alcoholic could be no more to blame for his "disease" than a victim of TB or cancer.

Sons, daughters, and wife should no more withdraw affection from a father and husband who is ill with alcoholism than they would from a father with a heart condition.

"Telling an alcoholic that they will no longer love him because he is an alcoholic is as unthinkable as telling a

person he is being rejected because he has TB."

The alcoholic needs the confidence of his friends, intimates, and family even when he lapses into drinking bouts.

Drinking Population As Related to Alcoholism

The lecture by R. J. Gibbons, research associate with the Alcoholism Research Foundation of Toronto, included the following factual material:

FINDINGS OF A 1952 survey showed that there were about 8,700,000 persons 20 years of age and over in Canada; and of these, 6,090,000 use alcoholic beverages; 137,500 were alcoholics, and 34,000 were chronic alcoholics.

The survey revealed that a larger percentage of Canadians than Americans drink and that this in itself disputes a previously-held notion that the drinking characteristics of the two nations were similar. He said that 70 per cent of the Canadian and 59 per cent of the American adult population are alcohol users.

"The fact that a larger percentage of Canadians than Americans drink and that Canada has a much lower rate of alcoholism than the United States adds support to already existing evidence to show that the relationship between the size of a drinking population and its rate of alcoholism is not direct and simple as it might superficially appear to be.

"The picture of the alcoholic as a chronic social misfit or a skid-row bum is certainly a distorted one. It has probably arisen through the tendency of those seeking to make a count of alcoholics to look merely at those segments of the alcoholic population which are easily identifiable or which can be counted. . . . A majority of our alcoholics are not marked by obvious anomalous social characteristics. They are in a very real sense hidden in the general population."

As further indicating differences in the two countries, Mr. Gibbons added that the estimated number of alcoholics per 100,000 in Canada is 1,629, and that of the United States 3,952 per 100,000.

The Problem: Personal, Moral, and Community

Rev. Wayne W. Womer of Richmond, Virginia, speaker and Executive Secretary in full-time educational service on the alcohol problem and Secretary of Alumni of the Yale School of Alcohol Studies, gave two lectures that included condensations as follows:

ALCOHOL is definitely a moral problem as well as a personal, family and community problem. It is a moral problem because of what happens to people when they drink. It wasn't a moral problem in Biblical times because people then did not sit down for the purpose of drinking for drinking's sake. Drinking was a part of a daily meal or a religious service.

In answer to the question "Is drinking right for a Christian?" he said, "I think it would be wise for a Christian to be an abstainer. The criteria of a Christian should be, 'If I'm going to do this, am I going to hurt somebody else?'" "Whatsoever you eat, whatsoever you drink, whatsoever you do, do to the Glory of God." This is a measuring rod for anyone who wants to know if drinking is Christian.

There are 37,000,000 persons over 20 years of age in the United States today who are abstainers in spite of the social and all other pressures to drink.

There are four types of drinkers. One type takes alcohol as an anesthetic; another drinks to lose inhibitions; a third drinks to escape from something, and the fourth drinks for social reasons.

The man who uses alcohol as an anesthetic tries to get out of the bottle what he would like to get out of life. He may have doubts as to his ability to make good in life or he may be worrying because of loneliness.

To the man with inhibitions, alcohol is a means of escape from the "don't's" of society -the "don't's" of childhood, school, married life, and business. Driving a car is done under a series of "don't's." Some humans dislike all discipline.

Everyone has a need for escape from everyday problems. They may be problems of work. Some may take to alcohol rather than try to make adjustments to the situation in which they find themselves. Others find their escape in music, games, prayer, or worship.

The social drinker regards alcohol as an "ice-breaker" in his social group. The man who says he is "just a social drinker" and claims he can go for a month without a drink should just try to do so.

Scientists have warned that the moment alcohol becomes important to a drinker, he is on the road that leads to addiction.

Many men who complain "my wife does not understand me" really do not understand themselves. These persons have fears of insecurity, hostility, and loneliness; often these fears are subconscious.

Children in the schools very frequently suffer from emotional and personality problems. As they grow up, these problems become worse; when they discover alcohol, they learn to use it as an escape mechanism instead of learning to overcome their personality disorders.

The Problem Through the Ages

Condensed from a lecture by Rev. John A. Linton, Dean of the School, Secretary for Canada of the Intercollegiate Association, General Secretary of the Canadian Temperance Federation.

ANTHROPOLOGISTS have brought to us the meaningful information that alcoholic drink has been a problem in human living from its very first discovery.

It was learned early in the growth of social living that certain laws and regulations were essential to cohesion within the group, to the very existence of the group itself. It was learned, also, that alcohol tends to encourage overt acts of aggression, causing individuals to throw overboard the customs of the group that preserved its unity and safety. Thus society, in its very early years, began to devise restraints and rules in the use of alcoholic beverages.

Through the ages we find the great cultural groups—Greek, Roman, Hebrew and others—writing into their laws strictures to limit the use of alcohol; in some instances prohibiting it entirely. The Hebrews seem to have had the most rigid; they permitted the use of alcoholic drinks but they had strong feelings against drunkenness. In the early church, expanding into the

Mediterranean world Paul and others wrote strongly against drunkenness and encourage total abstinence.

But our present problem did not come to the fore until the industrial revolution and the advance in manufacturing and transportation changed the trickling stream of alcohol for the few to a rushing torrent for the many. Working among the needy masses the Methodists and the Salvation Army were among the first to see how cheap liquor, in quantity, was destroying personality and decent living. From them came the call for stricter control and finally for total abstinence as the way of life.

As technological skills developed in later years and industry grew into international combines the problem of beverage alcohol reached dimensions that were never dreamed of by our forebears. Today, in our new age of power, man has learned to destroy in the mass. We face a paradox: Man, manufacturing liquor in greater and greater quantities - a substance that removes controls and encourages irresponsibility—at a time when more responsibility must be accepted by him than ever before in history.

The need in society today is for an intelligent understanding of alcohol; of the nature of man, and of what happens when man and alcohol are brought together. If man is determined to use alcohol he will have to build up a way of life that includes rigid controls, both in the individual and in society. Even then he will have to face his responsibility toward those whose lives are ruined or made effective by alcohol remaining in the cultural pattern in which he lives.

Certainly those who called for total abstinence as an answer to the problem in years gone by can be no less determined today; they have more valid arguments for their point of view. For all thinking people deplore the present tendency to encourage drinking, even drunkenness. Many are increasingly concerned about the trend that discourages abstinence, as if it were an out-moded and silly way of life. And those who believe in moderation have yet to prove their theory; it is not working out too well in the present situation.

The Social Drink Tradition

SOME SOCIOLOGICAL BACKGROUNDS

A Lecture Early in the Session

By Harry S. Warner

THE SOCIAL ATMOSPHERE of the home, the neighborhood, and the people into which a child is born is the dominant fact in the formation of his life-patterns. It conditions, also, the attitudes of his associates as he grows older. This basic fact of social heredity has not been taken into account as much as it should in the study of alcohol problems.

Social customs such as drinking, or finding satisfactions in "pleasure drugs"—as German writers have called them—have roots which go far back into early cultural systems. These roots continue today as mores and folkways in many nationalities and social groups. They appear constantly in a mass of literature, songs, drama, and promotional propaganda. For ages they have given certain satisfactions to groups and peoples of every race and nationality. This age old tradition has created cults and cultures that have marked characteristics of their own.

Many "pleasure drugs," or "ARTIFICIAL PARADISES" as a 1954 American writer calls them—are seriously dangerous to human health and welfare. This fact has long been known, but often been ignored due to the influence of social tradition. Some "pleasure drugs" have few or no injurious effects; others have mixed consequences in popular, mass use. Yet, all have survived for a time, or now survive, because they answer—or seem to answer—a need of those who accept them. Their use continues generally until rough experience, scientific examination, and much education have demonstrated their dangers and developed better customs. Some have been discarded, outgrown in the advancement of civilization.

Seeking Understanding by Comparison

Examination of the customs relating to various drugs used to obtain relief from tensions and to escape from reality may help to explain why some are popular in current society; some have disappeared from cultural ap-

proval, and others remain only in surreptitious use and illegal sale.

In a sociological sense, the use of alcohol, opium, morphine, nicotine, and even the caffeine in coffee, "coke," and similar drinks have much in common. They are used mainly for purposes of relaxation, euphoria, relief from petty discomforts and serious strain; or for habitual "escapism," or just for the "kick" and the accompanying fun. The relief that they give has little to do with the basic needs of life—food, drink, shelter, recovery of health, creative rest, and actual release from the ills of life. Some of them at best have temporary effects; at worst, they seriously disturb personality and leave gigantic burdens on society—consequences that go far beyond the gratifications they afford.

Primitive man in the forest naturally seized upon the sap of trees and bushes, a brew from the leaves of plants, fermented juices of fruits and grains—the sedatives, narcotics, and intoxicants that their medicine men had discovered could give them a thrill. Stirring their emotions and freeing them from the drudgery and the misery of reality, almost any dangerous drug appeared to them as a "gift of the gods."

But as civilization advanced, men learned—at first through deadly experience; later through the growth of moral capacity and religion; and lastly from scientific study—that the character and social consequences of pleasures are important; that sometimes they are deadly. Thus, they learned, as their sense of discrimination grew, that they must leave the prescribing of questionable drugs to experts, such as doctors—a learning that as yet has not reached many who need it most.

Parallels and Divergences

A recent philosophical writer asks whether humanity at large will ever be able to dispense with "ARTIFICIAL PARADISES." He says: "Most men and women lead lives at the worst so painful, at the best so monotonous, poor and limited, that the **urge to escape, to transcend themselves**, is a principal appetite of the soul." As an alternative to the current "chemical intoxicants," particu-

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Toward A Climate Of Sobriety

A LOOK TO THE FUTURE

By Albert Johnson

Condensation of a lecture given the last day of the School.

“**T**OWARD A CLIMATE of sobriety.” What a sparkling jewel of language. This title was suggested to me by Dr. Louis Charbonneau of the Lacordaire youth movement of Canada, in an address in Montreal last December.

We all know what “climate” is, but who can define it? It is very real; no one can do without it; it helps to make us what we are. We can’t see it or handle it, but we depend upon it. We watch flowers bloom because of it; trees differ according to it; people are affected by it in more ways than the skin pigment. Essential differences in personality distinguish the people of the various zones of climate. Why do people of the South move more slowly than Canadians? Climate is an atmosphere. It is a pervading atmosphere that makes it easy to produce certain natural results—makes certain results natural.

Our thought, then, is the developing of a climate in society from which a sober life is a natural outcome: a life not necessarily easy, but natural.

This means the education of a nation. That sounds simple, but if you harbor any idea that it is simple, just start thinking again. There are times when my heart and spirit quail before the magnitude of the task that faces us as we try to find our way “toward a climate of sobriety.”

The Need in Modern Life

It may help to know where we start from. Our situation is much like that of the motorist in the hill-billy country. Uncertain of his way, he asked a local man for directions. “Well, now,” said the villager, “You can go
(Continued on page 17)

*Dr. Louis Charbonneau of Ottawa is Vice President of the Lacordaire movement, a Catholic organization of over 125,000 French-speaking Canadians in Quebec and Ontario who have pledged themselves to complete freedom from alcoholic beverages. The movement is equally strong in the New England area of the United States.

SEEKING AN EFFECTIVE APPROACH

(Continued from page 4)

"The Physiological and Public Health Aspects," by Dr. J. Gordon Bell, Medical Director.

"The Tradition of Alcoholic Drink: Some Sociological Aspects," by Dr. Harry S. Warner, General Secretary.

"College Drinking" and "Drink and Marriage Problems of Young Adults," by Dr. Robert Straus, Prof. of Public Health.

"A Study of the Present Situation in Canada and the United States," Mr. R. T. Gibbins, M.A., Associate in Research.

"Alcoholism in the Home and Community," Margaret Cork, P.S.M., Chief of Psychiatric Social Work.

"The Problem Through the Ages," John A. Linton, M.A. General Secretary.

"Story of the Alexander Brown Memorial Institute," Mr. A. R. Virgin, Executive in the Department of Reform Institutions, Province of Ontario.

"Psychiatric and Other Treatments in the Rehabilitation of Alcoholics," penal alcoholics wanting treatment, Dr. Kenneth A. Cassan, Toronto.

"The Message of Alcoholics Anonymous," intimate life-stories by three of five A.A.'s from Kitchener and Waterloo, Ont.

"The Alcohol Problem as a Whole, this School and the Future," Rev. Wayne W. Womer, educational speaker of Virginia and Alumni Secretary, Yale Schools of Alcohol Studies.

"Toward a Climate of Sobriety," Rev. Albert Johnson, Executive Secretary, Ontario Temperance Federation.

At the closing session certificates were awarded to 53 students attending the week, and the Honors and Prizes in the Roberts' Editorial Writing series of 1953-54 were announced and awarded.

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TOWARD A CLIMATE OF SOBRIETY

(Continued from page 15)

this way—no, it's that way—no, I'm not sure. Perhaps it's over that there hill . . . Say, mister," he burst out, "if you want to get to that place you sure have come to a mighty poor place to start from!"

Modern conditions may offer a poor beginning place, but there isn't any other place than just where we are. Many people with easy remedies for the world's ills make the cardinal mistake of trying to set up a starting point which few can reach.

In respect to sobriety, conditions today are not good. A magazine article suggested recently that there are three national parties in the United States—the Democratic, the Republican, and the cocktail. "Washington," said the article, "Is one long drink, and the cocktail party is today the most powerful in the national capital."

Nearer home, Ottawa correspondents have described Canadian diplomatic circles as "one long binge." I think it is no exaggeration to say that Ottawa has probably the highest per capita alcohol consumption of any place in Canada¹.

¹Washington has the highest in the U. S. The two national capitals exceed the average consumptions of their respective countries!



A few weeks ago, His Eminence Cardinal Leger issued a strong warning to the people of Quebec. Unless they start practicing temperance and economy within ten years, they "will cease to exist. A people which spends nearly one billion dollars a year (the all-Canadian total) on alcohol, and yet is too poor to eliminate slums, better the school system, or improve living conditions for certain classes of society is a people which has signed its death warrant."

The figures given by His Eminence referred to the all-Canadian expenditure total. Government sources quoted money spent on alcoholic beverages for the year ending March 31, 1953, as 791 million dollars. Actually, it was many millions more when all the mark-up is reckoned.

What prompted Cardinal Leger to speak as he did? Was he thinking of the present plight of France? Among other distressing items, the director of a hospital district reported to the French parliament that two out of every three men and one out of every three women in hospital show signs of "alcoholic depravity."²

A Windsor businessman, member of a group recently returned from a fact-finding tour of Europe, told a service club, "The French, as a nation, are semi-drunk 95 per cent of the time." This is the picture in one of the "big four" Western nations pledged to freedom in our civilization. Or look at another, the United States, which leads the world with an incidence of alcoholism of 3,952 per 100,000 population, or more than 5 million alcoholics.

Canada is reported to have proportionately 11 per cent more drinkers than the U. S., and 16 per cent more women drinkers.³

What are we to make of it all? Has the Montreal prelate overdrawn? Listen to what Arnold Toynbee, eminent modern historian, says: "Perhaps this pre-occupation with the semi-conscious world of the tavern and the cocktail lounge is a sign of the slow but steady progress of decay in our Western civilization. It is a flight from reality, and no people that will not stand up

²The Globe and Mail, Toronto, Aug. 16, 1954.

³While Canada has more drinkers per 100,000 than the U. S., the ratio of alcoholics is lower.—Ed.

to life and its stern problems soberly can long survive."

All this may seem remote. Let's bring it down to where we live. Alcohol is alcohol wherever it is found and by whatever name it may be ordered. Its long-term retribution is equally inescapable.

If this story has meant anything, there is considerable ground to cover on the way "to a climate of sobriety." There is just too much drink. Leaders in the church have said so, outstanding historians have voiced agreement, newspapers have screamed through tragic fact that excess is the order of the day.

Meeting The Problem Of Excess

Chaos, it has been said, is the Latin for the mess we're in. On that basis I submit that the contemporary situation is chaotic.

Looking at the floods of excess, I am quite aware that there are reasons why people drink—insecurity, fear, and tragedy. "People are made miserable by drinking, then drink because they are miserable."

But, I hear it said again, "All this is over-statement: drinking for the most part is a simple social pastime."

Yes, and as such I can't find much to quarrel with. But is it that? Can it ever be that? There is a factor in all this of which no mention has yet been made: That vast fortunes are being made and government revenues fattened by helping your friends and your children along the path against which you would warn them. How long can the economy of a nation stand by trading on the weakness of its citizens? It must have money; it can get money by investing more in the weakness of its people. But the day comes when we reach the point of diminishing returns. Then, there is neither prosperity nor wholesome life for the nation.

Tackling the problem of excessive drinking is something that brewers and distillers are ready to share. They thrive by picturing "men of distinction."

It is doom for them when their drinking public gets wise to the human end product. They tell me that one of the surest ways to get a person to stop drinking would be to show him candid photographs of his foolish, disreputable antics while drunk.

A Vice President of Seagram's Distilleries, Ltd., reported that his company is spending \$2,000,000 every year to secure **decorum** in the manufacture, distribution, and consumption of their product. They have a tiger by the tail, and they know it.

The Chief of Canadian brewers, supporting legislation by which the sale of liquor was extended in Ontario, said "we want more people drinking less."

There is unanimous disapproval of drunkenness and pity for alcoholism. But the damning thing about it is that we don't see. Modern living has taught itself to recognize a margin of impracticability. We read figures on unemployment, and chat around our tables about the percentage of "unemployables." So, we have come to reckon that a certain number of drinkers will get caught. But of course, "it can't happen here."

In general, the approach today to the problem is education. Recall what Ruskin said, "Education does not mean teaching people what they do not know, but causing them to behave as they do not now behave." And believe me, that is happening right before our eyes. A climate of sobriety is shaping in the area of car drivers. During the past few years, the police of Toronto and many another city have literally shouted "If you drink, don't drive; if you drive, don't drink." They have used some pretty forceful methods to inculcate that lesson. And it is beginning to work. Offered drinks, many now reply, "No thanks, I'm driving." The Ontario Medical Association recommended the other day to the legislature committee on highway safety that the province study the plan of Norway, where motorists are forbidden to drive after even one drink.

But there can be no let up. We may spend years impressing the public mind with safety principles. Then along comes a new generation of youth, tearing past us with even more destructive machines. Heedless of their powers, these youngsters begin all over again the slaughter of the innocent. And we have to content ourselves with the reminder of Arnold Toynbee, that every new child born into the world brings with him a train of potential problems.

Creating a climate of sobriety begins to look like a hopeless task. But maybe we haven't yet begun at the right place in the right way.

There Is No Other Place Left To Go

There is no final answer to this problem which we can now see. A recent speaker said, "Perhaps we need to begin asking questions which cannot be thought up in five minutes, and whose answers may take years to work out." It is important, he added, that "we find **a** correct answer, even though it may not prove to be **the** correct answer."

With its craze for standardization and dislike of non-conformity, the present age does not take kindly to suggestions of standing up to be counted in a minority. Nevertheless, the idea that 50 million Frenchmen can't be wrong is receiving a bad jolt in these latter days.

To suggest that abstinence might prove an adequate support for any individual is surely not a popular message. But figure it out.

Recently, our Ontario newspapers told us that those who had been working on civil defense had suffered a severe setback. All the preparations they had made as defense against the "A" bomb were rendered obsolete by the "H" bomb. It would take too long to perfect the evacuation of populous centers as necessitated by the new terror. Then, came a speech by Prof. A. L. Phelps, of McGill University, in which he literally laughed at the whole notion. "How are we going to defend ourselves against the "H" bomb? There just isn't any place left to go."

To allow the continuous traffic in liquor to go on is to open wider the floodgates to alcoholism. It sets the direction toward national decay. That, at least, is how Cardinal Leger figures it. We shall come to the time when there is no place to go. Why not take stock now? Is there any preparation we can make?

All of us know about the magnificent movement called Alcoholics Anonymous—the greatest spiritual revival of recent years. The techniques of A.A., the twelve steps, the tradition are all designed to one end. They take alcoholics and make total abstainers out of them. If they

don't do that, they fail.

The various foundations and clinics for rehabilitation of the alcoholic achieve the same purpose by somewhat different means. Unless they make their patients into abstainers, their efforts are nullified.

These are the tactics of desperation. Yes, indeed. So much can be accomplished when the situation gets bad enough. Man's extremity has always been God's opportunity.

How long shall we go on with the roar of the approaching landslide of liquor in our ears? Too often the danger is dismissed as a matter of statistics. We'll survey the situation and report. Then suddenly the idea dawns: It is ourselves, our household, our nation that is in danger. **Nothing is enough after that!**

In the effort to create a climate of sobriety, why not look in the direction where we ultimately must land? Why not try total abstinence now? It may not even be the correct answer to the problem. Who can say? But it can be a correct answer for anyone at any moment.

Essential Corporate Action

Let us not get too optimistic. The liquor problem will not be solved by my decision not to drink, nor if you and I both take that step. But there is so much that can be accomplished when ordinary people get together with one mind. Right across the Continent we should be living in a climate of much greater sobriety than we know today, if only we could stick together on a principle. It is not necessary that we standardize our thinking or our behaviour.

There is room for all sorts of people provided they are honestly concerned about the alcohol problem and are in earnest about doing something to solve it. Let's begin to take this thing a step at a time, then understand what the next step is.

Most of us see some one phase of the problem. The nearer home it is, the more plainly we see it. All who are conscious of a problem can be allies in the movement toward a climate of sobriety.

Not for years have conditions been as hopeful as they are today. Speaking of the work for which I am respon-

sible. I doubt whether the Ontario Temperance Federation could have rallied people in thousands two years ago. But during the past twelve months, we have organized four district rallies with an aggregate attendance close to 8,000 people and nearly 2,000 others who were teenagers. That couldn't be done unless there were genuine interest.

In other areas we talk of defeating communism. That can not be done by making Western people wealthier than those behind the Iron Curtain. We have a galaxy of possessions—cars and every kind of gadget. Not wealth, but happiness within the democracies is the answer to the totalitarianism we so greatly fear. But are we a happy people? For many months, the book, **A Guide to Confident Living**, has remained a best-seller. Why is it so popular? The answer is that so many thousands do not know how to live confidently; they snatch at any suggestion of help. Our age is plagued by a lack of essential security, inside, perhaps, more than out.

Our aim to secure a climate of sobriety is a part of the program of recovery. It is the witness of men and women to positive, constructive, confident, and happy living; a pilgrimage of those who have liberated themselves and who are liberating others from the handicaps of beverage alcohol.

Let us go forward in happy faith to teach a lesson in freedom. It is needed everywhere. Labor unions need it, business management needs it, politics need it, social life needs it. A climate changed until fear can no longer flourish in the social atmosphere. No need for liquor bottles then; people will stand upon their own feet and radiate good cheer unadulterated by dangerous loosening of inhibitions. Business will be done on a basis of fact, not in the flowery illusion of alcoholic dream.

The development of concern with the total problem of beverage alcohol is part of that great movement seen in preventive medicine and improved housing, by which mankind finds it simple and natural to express the good life in the broadest sense of that term. Our presence here suggests we have ourselves found some place in it.

THE SOCIAL DRINK TRADITION

(Continued from page 14)

larly alcohol which he discounts because of the social burdens it creates, he suggests a new and supposedly innocuous drug, "mescaline."¹

Let us discuss some parallel satisfactions:

The background histories of the **two greatest "pleasure drugs" of the ages**, opium and alcohol, and their use by millions of people for long periods, are not greatly different. The urges that prompt men to use them, the sociological needs that they satisfy, and the social traditions that support them are indeed similar.

Opium, the world's second-greatest chemical escape, offers a swift and dramatic change from reality to a heaven of emotional bliss. There are no intermediate stages of mild euphoria and mild intoxication as there usually are with alcohol. But the appeal for a change from reality into toxic pleasure is similar.

The culture of opium is age-old. It is entrenched in the traditions of those parts of the world where it prevails. Customs that sanction it have come down from primitive ages, as have the cults of alcohol among Western peoples.

The destructive influence of opium in China was noted as early as 1550 B.C. The raising of the poppy and the use of the drug spread for centuries into western Asia, India, and back into China. In 1900, it was reported that there were 8,000,000 **known**, and an **estimated total** of 15,000,000 users in a population of 400,000,000. In America today, our scientists report 4,000,000 or more "problem drinkers" or alcoholics. With our current population of 160,000,000, this ratio is not greatly different from that of opium addicts in China.

Conflicting Growths in Western Culture

However, for centuries there has been a distinct divergence from alcohol in the Western and middle-Eastern worlds. Two cultures have been existing side by side—one, giving popular acceptance to drink as one of the "good things of life"; the other, rejecting its use as tending too strongly to excess, injurious to personality, and dangerous to the community. These attitudes, widely

¹ Aldous Huxley, "The Doors of Perception," 62.

different and often militant in their opposition, are found in many historic periods and at every level of social culture: In the "upper-up" strata, in the "middle classes" especially, and to some extent in the "lower-lower."

Opium in the East, tea in Great Britain, the entire coffee-tea-soft drink culture everywhere, and alcoholic drink around the world have similarities as traits and fashions in the culture of today. **But here, the parallelism ends.**

Alcohol and Narcotics

There is little use, except for medical and scientific purposes, for the narcotic drugs in our Western culture. But the use and consequences of the illicit traffic in many varieties of "dope"—especially among youth and addicts—is serious and tragic. Serious also is the influence of this traffic in causing economic and political corruption. But the corresponding influence of alcoholic beverages is much greater today, not only because they are so widely used, but also because of the approval given by influential society and the people as a whole.

Accepted in varying degrees by a majority of each generation for thousands of years—yet often, if not always rejected by a divergent, protesting minority—the appeal of alcohol has had a continuing place in society from the irresponsible years of savagery to the responsible age of democracy. Customs, fashions, and varieties of drink have changed from time to time—ways of producing it have varied in late years from the hard cider barrel, to the moonshine still, to the gigantic plants of modern whisky corporations; methods of distributing have varied from the tavern, to the saloon, and back to the tavern and cocktail room. The mores of "Have one!", however, remain basically the same.

While the illusions and tragic daydreams of opium and other narcotics have been rejected by the great body of Western peoples, alcoholic liquors have spread and become an occasion and source of increasingly great and complex problems in all present-day nations. This spread, in recent years, has occurred chiefly among women and young people, where social controls were more effective in the past than they are today.

If Alcohol Were a New Drug

If the kick in alcohol were a new experience in human living, and its social consequences seen for the first time—if the drug itself had just been brought out by the laboratory as a "wonder drug," as have the barbiturates and benzadrine—its basic meaning could more readily be examined. A proposal to use it as a beverage could be objectively studied and evaluated. This, however, is difficult to do under the welter of tradition, mass literature, poetic imaginings, and trade propaganda that are integral parts of the drink culture of today.

A noted health expert of Great Britain, a health commissioner of London, expressed the opinion years ago that if alcohol were a new discovery and its use had recently spread through a city, health authorities would condemn it at once as a dangerous drug. Its effect on public health and safety would be seen at once and its sale controlled or banned. Certainly, under the scientific standards of today and our daily experiences on the highway, alcohol might well be classified as a dangerous drug.

But alcohol as a beverage is not new. It is ancient, ubiquitous, easily made and distributed, both legally and illegally. It is deeply entrenched in culture, and has a double meaning that causes vast confusion and many misinterpretations.

"Extols Alcohol—Mocks the Alcoholic"

Dr. Abraham Meyerson, Harvard psychologist, describes our present-day alcoholic culture as "ambivalent." "On the one hand," he says, "it extols alcohol and builds up its manufacture and sale into a major industry exerting great propaganda power, and encouraging its use by a thousand and one devices, such as making it almost synonymous with sociability, celebration, and good fellowship; and extolling the capacity to drink as a measure of virility and organic worthiness.

"On the other hand, it punishes, mocks, and derides the alcoholic. Its stock source of humor is the drunkard or the man under the influence of alcohol, and yet it builds up laws and societies which have as their aim either the lessening or the abolition of drinking.

"There is no such mixed attitude toward the use of any

other drug so far as Western civilization is concerned.²

"Coffee Pause" and "Cocktail Hour"

This year of 1954, we find all around us two popular fashions that illustrate the divergent trends of these mixed attitudes—the "Cocktail Hour" and the "Coffee Pause." Both have long-time backgrounds and much social approval. Both are new forms of old, traditional cults.

Centering in the need for social enjoyment, these two practices set into motion cultures that are not only divergent, but **deeply divergent**, in their impact on human living. Study of their similarities and contrasts may add to realistic understanding of the main question of alcoholic drink itself, the motives back of it, and the natural healthful satisfaction of these motives.

Among the similarities are: Each offers a brief period of good feeling, of growing social consciousness; an hour of escape from the day's work; a "lift" or a "kick." Each is an "icebreaker" to conversation and laughter, an easy substitute for conversation.

Among the dissimilarities are: The "kick" of one is stimulating, and of the other, depressing. Mental acuteness, discrimination, and quality of judgment are refreshed and remain normal with caffeine; they become erratic, ego-centered, and later, aggressive or dull from alcohol. A mild release of unhealthy inhibitions occurs in the "coffee pause," but a general release of inhibitions—good or bad—in the "cocktail hour." Urgent pressure toward repeating the number of drinks marks the "alcohol party," and this leads to intoxication and the "danger-line of excess"—a line that is not known until it has been crossed. However hilarious may be the "coffee hour," or the gang at the soda fountain, there is nothing to be found that corresponds to the scientifically-recognized deteriorations of the continued "cocktail hour."

Out of his experience as a government official attending hundreds of "high society" parties, Hugh Gibson, former Ambassador to Belgium, writes:

"Of all forms of group alcoholism, the cocktail party is the most painful to a participant who is even partially

2. Quarterly Journal of Alcohol Studies, Sept., 1944.

sober. . . . The most infantile of all adult social diversions, only the anesthesia of alcohol makes them even slightly endurable."

While the most serious ills—alcoholism, alcoholics, degraded home life, costs of caring for crime and for problem drinkers and their families—stem from heavy, continued, and "excessive" drinking, it is equally clear that the gradations in the toxic state of individuals and drinking groups are continuous; the danger line unknown and increasingly difficult or impossible to be observed as drinking continues.

The ambivalence, the widely different social attitudes, are made evident by writers who quote the Psalmist regarding "Wine that maketh glad the heart of man," and call present-day alcoholic drink "one of the good things of life." Some think of the "cocktail hour as being a time of renewal"—a place where we can be lifted out of the ruts and our imaginations cleared. . . . Yet, no one has to look far these days to see drink as the means of the destruction of personality, and a ravager of the home.

Alcoholic and Non-Alcoholic Cultures

Wherever alcoholic drink is general among a people, there has grown out of rough experience and observed results, at all historic periods, a parallel non-alcoholic "way of life" that obtains abundant enjoyment without the use of anesthetic or narcotic drugs.

Largely, it has come from a humanitarian and religious reaction against drunkenness. Often in the minority, its adherents nevertheless have had a vital and influential part in the culture of many peoples, at all social levels, especially in modern times. They have been continuously a strong, restraining force against greater excess. Today, those who drink little or nothing constitute 35 or more percent of all adults in the advanced cultures of North America. They are a positive factor in European nations; they have a positive place in every country in the world.

The non-alcoholic culture is dominant—notwithstanding much evasion—among Mohammedan and related peoples on religious grounds. No group or nationality today is wholly without a dissenting minority that has

reacted against alcohol and its excesses on welfare, religious, or efficiency grounds.

The active customs and practices of alcoholic and non-alcoholic cults in our culture today are confusing and overlapping. But it must be noted as a vital sociological fact, that their total consequences are strikingly different. For where, in the coffee-tea-soft drink customs, can be found anything that corresponds to the intoxication, the disturbance in the functioning of the mind, the drunkenness, the "next-day-afters," the continuous hangovers that mark the beginning of addiction, the drinking drivers, the drunken jay-walkers, the sex disorders and crimes, **and the initiation year after year of thousands of immature lives into alcoholism?**

Only the socially disapproved culture of opium in the far-East and years of war can bring a corresponding burden and degradation into national life.

What opium and other narcotics have been to a tragic degree, alcohol is in a lesser degree to many people of today. The impact made by each is different, mainly in that the narcotics are more inclusive, drastic, and deadly. Narcotic habits are quickly formed, their hold is tenacious. Practically all who begin to use them become addicts. Modern thinking people reject this habit and seek by education and legal restraint to remove the cult of narcotic illusion from society.

But alcohol, with its progressive social and drug tendencies from euphoria to intoxication and drunkenness, is accepted by 65 per cent of American adults. Many drinkers in this total, of course, can and do resist the trends toward heavy drinking. In good health and with well-established social, moral, and religious controls, they seldom cross the unknown line into excess. If later crises in finance, health, domestic, or other life experiences do not hit them, they do hold out against the effects of drinking for a lifetime. Yet, out of what is called "normal drinking," as well as from that of the emotionally-disturbed, come alcoholics, in a ratio of approximately 50 per cent from social drinking, to 50 per cent from personality disorders.

In the normal man, alcohol addiction matures slowly.

Ten to fifteen years on the average are required to turn a social drinker into a problem drinker. Immature people and those with nervous disorders slump into alcoholism **much more quickly.**

But the drink custom is so widespread; its appeal is so universal; its supply so accessible and glamorously promoted that there comes from among those who accept it, first a delusive satisfaction of real needs, and second, a constant stream of matured alcoholics—a never-ending burden on society.

Deterioration in Matured Alcoholism

"There are 4,000,000 men and women in the United States who are alcoholics and need help," says the National Committee for Education on Alcoholism, a division of the Yale Plan on Alcoholism.

"Most of these people are not old—85 per cent of the men are between 30 and 55 years old, or just reaching their best earning and living levels. They are often parents, entrusted but unable to cope with the health and happiness of their children. Alcoholism, like any other disease, is no respecter of persons. It hits the banker, the baker, and the toolmaker in the shop; and their wives and sisters. Alcoholism, **unlike** some other diseases, usually develops slowly. Ten years may elapse between the first symptoms and alcoholism. Unless there is new understanding and action, 1960 and 1970 will still have their 4,000,000 problem drinkers.

"Alcoholism affects the associations to which the individual belongs, or to which, in the normal course of events, he would belong. It affects wives, employers, parents, brothers and sisters, children, employees, neighbors. . . . It weakens, deteriorates, disrupts. It costs money, time, and strength. It causes heartaches and, due to current opinion, shame."

Sifting Out the Susceptible

Among all peoples, wherever drinking customs are dominant, a sifting process is going on. Steadily, from year to year, the younger and middle-aged men and women who have any peculiar nervous temperament that cannot stand alcohol; those who do not, or can not, or just don't want to keep indulgence below the unknown danger

line, are being sorted out and pushed along the road to alcoholic addiction.

Let it be made clear that they are not merely the "inferior," the over-sensitive, the handicapped by heredity. They are not alone those who would lose in the struggles of life through other causes if drink were not at hand.

On the contrary, they are often highly sensitized individuals who may have capacities of special value to society. "The rich and the poor, the highly intelligent and the ignorant, the frail and the robust, the shy and the apparently bold, the worried and the seemingly carefree; all furnish their quota of inebriates."

Thus, youth and some older people of all degrees of susceptibility, of various shades of mental and emotional unrest and biological inheritance; "problem children" and children with no particular problems—all are continually exposed to the anesthetic attractions of alcoholic satisfaction. They learn to enjoy it, to find release in it, and to depend upon it. Without knowing what is happening, a sense of dependence upon it becomes habitual. For some, life patterns thus formed become restrained usage. For others—one, two or three in every group of ten—dependence becomes a habit that is not, or cannot be broken before the stage of alcoholism is reached.

The cult of social drink thus sets up a selective process through which pass all who are in any degree susceptible to addiction. To these, it adds—after ten or fifteen years of drinking—those who become susceptible because of heavy drinking or because of the crises and strains of life.

Tradition and Taproot

"Alcoholics are sick people, not criminals," says Dr. Andrew C. Ivy. "They have been produced by a social attitude for which you and I are partly responsible, and for which society at large is entirely responsible."

This source or taproot of the problem is not often studied to the extent that its meaning demands. The cultural backgrounds of alcohol should be taken more fully into account when constructive activities are being considered.

COMING TO THE POINT

Alcoholism: The disease that everyone hates and no one understands.
... Albert Johnson.

Alcoholism is the fourth greatest public health problem on the North American continent.
... Margaret Cork.

A thing is real to me when it causes me to act. The alcohol problem is very real to me.
... Canon Quinton Warner.

People do not drink for taste; that's a nice rationalization. They drink for the effect it has on them.
... Albion Roy King.

A larger percentage of Canadians drink, but the United States has fewer people drinking more.
... Robert J. Gibbons.

Family responsibilities may cause alcoholics or problem drinkers, but family security may enable these alcoholics to recover. ... Robert Straus.

A person whose moral and ethical principles are grounded deeply into his makeup is not likely to go against them because of alcohol.
... Albion Roy King.

All I know is what I've seen in people. I've found that 75 per cent of the people today don't think. 15 per cent think they think; and 10 per cent actually do think.
... Canon Quinton Warner.

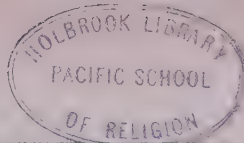
The medical care of the alcoholic is recognized today as being of greater importance for his recovery from dependence upon alcohol than at any time in the history of the disease.
... R. Gordon Bell.

The evils of alcoholism always flourish at the extremes of the social scale, among the idle rich and the desperate poor; the motive of escape is the explanation in either case.
... Albion Roy King.

Alcohol is a moral problem today because of what happens to people when they drink. It wasn't a moral problem in Biblical times, because people then did not sit down for the purpose of drinking for drinking's sake.
... Wayne W. Womer.

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THE
INTERNATIONAL



NOVEMBER

1954

STUDENT

-- And Digest of Alcohol Studies

In This Number

College Student Editorials

on:

"THE OPPORTUNITY OF THE HOME
IN DEALING WITH THE PROBLEMS
OF ALCOHOL."

THE ROBERTS' AWARDS of 1954

New Religion Center, Texas Christian University,
Ft. Worth. (See pages 40 and 42). Puckett Photo.

Democracy
is something
deeper than
liberty; it is
responsibility"



THE INTERNATIONAL STUDENT

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Vol. 52, No. 2

HARRY S. WARNER, *Editor*

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The Liquor Cabinet

By Patricia Jacobs, '57

Otterbein College, Westerville, Ohio

“I’M HOME, MOM! Hey, where is everybody?” Johnny’s answer was silence. He looked around; it was nice to be home. His eyes roved about the room as he sank into his favorite chair. His attention was caught by several things, the picture of him and Carol when they were young, the antiques, and the liquor cabinet. Oh yes, the liquor cabinet— it brought back memories of the problem it created which could have gotten out of hand. His story came back to him slowly.

Right after graduation Johnny joined the Army. After being shipped around the U. S. A. for a year he was sent to Germany. He well remembered his first night there. One of the fellows invited him to “hit the road and see what we can dig up in town. Maybe we can find a bar and pick up some girls, too!” This was a new idea to Johnny. He and Dad had drinks from the liquor cabinet but he’d never gone to a bar. But if it was all right at home, why not here?

The boys could leave the post when they were off duty and soon every night saw them a little gayer and a little drunker. Then “the” night came eight months after Johnny had arrived in Germany. That night started out like all the others— the bars and girls—and before he realized it Johnny found himself “burning up the road” on his way to one of the girl’s apartments. Suddenly something bright loomed before his eyes; blinded, he plowed into the light.

Several days later he opened his eyes to the strange whiteness of the Army hospital.

“Well, hello, Johnny. It’s about time you woke up; but I guess after that concussion you’ve earned the right to sleep awhile.”

"Doc, what happened? All I remember is a bright light and a girl!"

"Well, it's quite simple. You were drunk and speeding when you were blinded by oncoming lights around a curve."

"And the girl . . . ?" asked Johnny, with a frightened look.

"A broken arm—she'll come out of it all right; you're the one I'm worried about—you and your drinking."

"Oh now Doc! I'm no drunkard!"

"No, but you are a drinker, and you're the problem of America today. We know how to handle drunkards, but the drinker we can't touch. His favorite arguments are: 'moderate drinking gives you a chance to exercise self-control and it makes you feel good'."

"Well it does take your mind off things."

"Yes, but is it worth it if things like this happen?"

"But this was an accident that couldn't be helped!"

"Oh? Well, Johnny, let me tell you some facts and see if you still think it couldn't be helped."

"Alcoholism is the nation's fourth health problem, but as I said the big problem is not alcoholism but alcohol! Did you learn to drink at home?"

"Yes, but I'd never gone to a bar until I got here."

"Do you think you would have gone to bars here if you hadn't drunk at home?"

"I don't suppose so," was Johnny's answer.

"I don't think so either. Had you never taken that first drink at home you couldn't have taken the second one any place else—one of my own proverbs," laughed Doc. "When you drink, others are bound to get hurt someday and so are you. Liquor works on the forepart of the brain—the thinking and acting part. Your reactions are much slower when your brain is liquor-soaked. Your accident probably could have been avoided if you hadn't been drinking. Drinking is only a means of escaping realism! It's only a waste of life, money, time and potentialities. Not one of us can afford to drown them in liquor."

"You have something there, Doc." After some thought Johnny added: "I guess it takes a lot of time to grow up and to be able to separate the sensible from the sense-

less."

"You're right, son. Just keep remembering that!"

Oh, yes, the liquor cabinet! There would never be one for Johnny's son.

"Johnny!" his mother whispered in disbelief.

"Hi, Mom!" he shouted, swinging her off her feet. "I wanted to surprise you," he answered to the question in her eyes. "Here come Dad and Carol!"

The two men shook hands and the young soldier kissed his sister.

After supper Johnny told them the story he thought they should know. His family sat in stunned silence. The next morning when Johnny came down to breakfast the cabinet was gone.

The Home Versus The Alcohol Problem

By James Rogers, '55

Delta State College, Cleveland, Miss.

JIM KEESLER is an alcoholic. He has not seen his wife or three children for nearly a year. His faded blue eyes are bloodshot, and his fingers shake nervously as he smokes cigarette after cigarette. The only thing steady about Jim's diet is his whiskey, and the nearest thing to a home for him is the saloon. The future does not look bright for Jim Keesler, alcoholic.

But as we look at the weary frame of this man and think of his wasted life, we cannot help asking the question, "Why?"

If we could see into the past of Jim Keesler, we would find that the roots of his alcohol problem lie in his early home life. This statement could be made of most of the 750,000 other Americans who are just like Jim—chronic alcoholics.

Admitting, then, that most alcohol problems can be traced back to home life, let us examine our homes and see how they influence a young person toward or against alcohol.

Perhaps the most important influence on the young person is the example set by his parents. "The example of parents in drinking or abstaining is seen to be closely correlated with the decision of young people to drink or abstain."¹ It has also been noted that parental **example** is much more effective than parental **advice**. Too, the attitude of the parent toward alcohol is more influential than the attitude of the school or church. According to a survey by Strauss and Bacon, 89% of college students where both parents drink are drinkers and 54% where both parents abstain are abstainers. "The influence of parental drinking practices upon those of sons and daughters cannot be stressed too strongly."²

Besides setting the right example, parents can give children education against alcohol. This means more than providing a child with books and material on the effects of alcohol. It means bringing him up from infancy with the attitude that alcohol is a harmful, dangerous drink. It means teaching him to face the problems of life squarely, so that he will not turn to alcohol as an escape. "The most basic consideration is to teach . . . that the use of alcohol is dangerous and that real satisfaction in life comes from facing the reality of life."³ The teenager must be made to realize that if he begins to depend upon alcohol as an escape from reality, his sense of judgment and ability to make decisions will fail to develop and he will be warped for life.

In educating a child, parents must also combat misleading advertisements, which would lead a young person to believe that if he does not drink whiskey he cannot become a "man of distinction." The parent must rid the child's thinking of such false propaganda concerning alcoholic beverages and instill in its place the real, unavoidable facts. He can point from the distinguished, successful businessman portrayed in the magazines with a glass of whiskey in his hand, to the town drunkard, whose family is suffering heartbreak and poverty because of liquor. He can say, "This is what **they say** liquor is—this is what **we see** it to be."

In presenting the facts, the parent can not only point

to individual cases that the child knows, but he can bring in scientific data on the effects of alcohol. For instance, he can emphasize that alcohol is a drug and that one out of fifteen social drinkers form the habit, become habitual drinkers. He can also show the child medical statements on its effects and evidence concerning the close relationship between alcohol and crime.

Advertisements would also make our young people think that the best athletes drink. We should be certain that our teen-agers know the truth in this case. For example, according to Glenn Cunningham, world-famous runner, "Real champions don't drink; drinkers are not real champions. Every ambitious youth interested in reaching the top in any athletic event must completely abstain from the use of alcoholic beverages. There can be no compromise."⁴

In conclusion, then, the home can help solve and prevent the alcohol problem by instilling in young people, from their earliest childhood, the truth about alcohol—"that it is a narcotic, that drinking is not smart, that a capacity to hold liquor is a dangerous gift, and that intoxication is a disgrace and there is nothing funny about it."⁵

If parents teach these truths and set an example of abstinence, they are less likely to face the heartbreak of seeing their child become another Jim Keesler, alcoholic.

¹Strauss and Bacon, "*Drinking in College*," (1952), p. 85.

²*Ibid.*, p. 79.

³Andrew C. Ivy, "How Social Attitudes Create Alcoholism," *The International Student*, Vol. 45, p. 134.

⁴"Alcohol and Skills," *The Alcohol Problem*, (National Forum, Inc., 1938), p. 42.

⁵Ivy, "How Social Attitudes Create Alcoholism," *The International Student*, Vol. 45, p. 135.

The Home: Source Of Positive, Creative Standards

By Pearle W. Swallow, '54

Texas Christian University, Fort Worth, Texas

POWERFUL FORCES generated by the problem of alcohol have become so formidable in our present culture as to demand recognition and counter-active measures. A chain of reactions at every age level follows the alcoholic beverage into each stratum of society. But lack of space limits the present discussion to the pre-alcoholic personalities among youth and children.

We are not unmindful of the 750,000 addicts, alcoholic sick, as well as 2,250,000 excessive drinkers in the nation today;¹ but all began as children in need of happy adjustment.

Somewhere each of these persons missed the way; now the most urgent need is to determine, if possible, in what area occurs the greatest lack in the building of personality strength as the child is developing through interaction with the family and later in larger groups.

The home is the child's first world.² The family gives the child the earliest and completest experience in social unity and social adjustments. Also, it is important to note that the fundamental needs for integrated personality functioning in the adult is identical with the basic needs which the child should acquire in the home. When these specific needs are unfulfilled in early life, it is a psychologically proven fact that the consequent inadequate personality is most prone to succumb to weakness in later life.

Thus research has continued to direct the spot-light upon the home as the genesis of the alcoholic personality. Investigators, including Sutherland, Schroeder and Tor-

della agree with Wexburg that "there is no alcoholic personality prior to alcoholism."³ This does not imply that the family does not share a grave responsibility in the matter; actually in the light of the above clinical findings, even greater responsibility must fall upon the primary institutions through which the personality passes. The home should provide the child's first opportunity for building of character and personality strength.

If we accept the premise that the personality configuration in a society is consistent with the patterns to which it is exposed, the home and associated primary groups must assume their share of the growing alcoholic problem. But if we are realistic, we recognize also, that in the field of social issues, the ideal must always be compromised for the practical. The process of growth and change, even under equal conditions, is never uniform. And just as the personality of each individual is unique, so the collective family profile is distinctly its own.

One person will say, "My father never allowed us to use anything containing alcohol; so we just accepted that." Another will comment, "We always kept a decanter of wine on the buffet at home. It was no temptation." There will always be a wide variation in modes of social adjustment for the individual within the family and later in larger society. However, our cultural patterns being what they are, there is a growing tendency on the part of parents toward evasion of an honest, decisive stand toward both moral and social issues.

In the ambivalent cultural atmosphere which society nurtures and endorses, our youth are very soon confronted and confounded with diverse and conflicting ways of adjustment. The impact of daily indoctrination through radio and television, of the benefits of alcoholic beverages, is certain to make indelible impressions upon plastic minds.

Money is a powerful weapon used by the liquor interests and through the medium of advertising⁴ brings remarkable results in two ways; present sales are advanced enormously and a whole new crop of potential

(Continued on page 61)



Eugene Thomas

*Winning this
award has been a
thrill to me.
—Eugene Thomas*

*I have LIVED
all of it. My
husband was an
alcoholic.—Pearle
W. Swallow*



Pearle W. Swallow

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Robert D. Alexander, Millsaps College, '54, Jackson, Miss.; home, Pontatoc, Miss.

Florence G. Hooze, Bethel College, '54, North Newton, Kans.; home, Plum Creek, Manitoba.

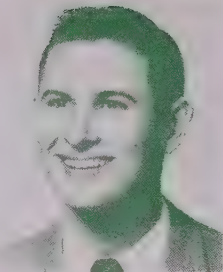
Barbara Carter, Seattle Pacific College, '57, Seattle, Wash.; home, Arlington, Wash.



Patricia Jacobs

*Please keep this
contest going; it
is wonderful.
—Patricia Jacobs*

*If there is any
way I can help
the Association,
I shall be happy.
—James Rogers*



James Rogers

- Duane W. Peterson, Wartburg College, '54, Waverly, Iowa; home, Otisco, Minn.
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Claire A. McLagan, Seattle Pacific College, '57, Seattle, Wash.; home, West St. Paul, Minn.
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Evelyn Hofstetter, Seattle Pacific College, '57, Seattle, Wash. Home: Mulino, Ore.

Kathryn Hook, Millsaps College, Jackson, Miss. Home: Jackson, Miss.

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Dr. Joy Elmer Morgan, Editor, Journal of the National Education Association, Washington, D. C.

Dr. Edward D. Staples, Board of Education, Methodist Church, Nashville, Tenn:

The Opportunity Of The Home

By Eugene Thomas, '57

Northland College, Ashland, Wisconsin

THE ALCOHOL PROBLEM has become one of great importance today. The excesses of alcohol are outstanding, and the spread of the social drink is increasing. Drinking by women has reached a new high. Women in the United States now make up twenty five percent of our drinkers. The number of teenaged drinkers has increased more in the last five years than in any other time since nineteen thirty. The nation has, today, about two and a quarter million excessive drinkers and close to another million chronic alcoholics.

How can the home help remedy this grave situation? The home has the best and first chance to impress upon the children the seriousness of the alcohol problem. First of all, the parents themselves should not give the child any bad ideas by over indulging in drinking. When the adults misconduct themselves through the use of liquor, the child may figure, "What is good enough for my parents is good enough for me!" Parents should be careful not to display any poor conduct as the result of drinking. Take for example, the parents of Jimmy Brown. They have all their friends over on Saturday evening to play cards and to watch television. Jimmy stays home and helps to prepare food and to serve beverages to the guests. Upon watching the older people drink he feels a little beer won't hurt him. He feels his parents know what is right and wrong and thinks that they wouldn't be drinking if it was going to harm them. The drinking that Jimmy will do at these Saturday evening get togethers may be limited but it will create the idea in his mind that drinking is all right because his parents do it. Then again, we take for example, the parents of John Scott. At the parties given by his parents his father sometimes over indulges in drinking and will mistreat the rest of the Scott family. John, instead of staying home on the weekends when his parents give parties, may become disgusted and have a desire for a social outlet. John.

after seeing his father over indulge in drinking week after week will feel that if his father gets drunk, why can't he? Who will ever know if he has been drinking, for his father will be so drunk he won't even hear him come in. From these examples we can see the parents must be very careful in their consumption of alcohol in the presence of their children.

Secondly, the parents must recognize problems brought about by the desire for a social outlet. When communities have no social life to offer their children, the children will have to go looking for a social outlet. Children like to be with the gang and participate in all the things they do. When the gang has no social life offered by the community, they have to make their own good times. None of the children like to be left out and they start to drink just because the gang does. In a recent survey it was found that most of the teenagers that drink do so because their friends do. Parents in communities must realize that their job of raising their children does not stop at the doorstep. It is also the parents' job to join organizations and committees and to furnish the children with social life in their leisure time. If the community offers a student center where the children can get together to dance, play games, and work on hobbies it will greatly cut down the amount of drinking done by teenagers.

The third thing the parents should do is to supply their children with a healthy physical and moral environment. The parents should be there to help their children face any problem which may arise. The plans of the parents should include the children so that they will get the feeling of being one of the family. Taking the children fishing, swimming and to the movies are ways of creating a love between the parents and the children.

By working on and accomplishing some of these ideas, parents can help greatly in fighting the alcohol problem in home. If the parents realize and use the old saying "that an ounce of prevention is worth a pound of cure," our children may not be confronted with this enormous alcohol problem.

An Answer To Alcohol

By L. Owen Younge, '56

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THE HOME IS the nucleus of society. Logically it should be expected to offer the greatest opportunity for dealing with the problem of alcohol. However, home and society are inseparable and the success of the home is limited or advanced by the all-pervading influence of society.

The center of the home is properly the child. Responsibility for the upbringing of the child rests heavily on the parents. It is in this respect that the home has the best chance to tackle the habit of drinking. "The child is the father of the man," wrote Wordsworth.

It is in the formative years of childhood and adolescence, the days of public school, high school and college that constitute the crucial stage in character building. All the factors that are conducive, as well as detrimental, to strong drink weigh most heavily during these periods—more powerfully in the former than in the latter. The environment of the child, the people, the things, the sights with which he comes in contact daily; the media of communication about him—radio, television, movies, advertisements, magazines—all leave their impact on the home and the child. If he is to have any chance to save himself from the gathering torrent of alcoholic drink when he attains maturity, his parents must give him a proper sense of values. And this depends on their example, rather than their precepts.

The approach that parents make in seeking to establish this sense of values should be intelligent and objective. Their teaching should be a gradual implicit process in an atmosphere of free discussions not a series of censorious

lectures. The adolescent should be acquainted with the scientific facts about alcohol, its ill-effects and disadvantages. He should come to realize how false is the sensation of pleasure that alcohol induces, how mistaken are many of the popular conceptions, and that its use is a **sign of weakness rather than of maturity.**

But there is a more delicate problem that parents have to face. It is to insure that the atmosphere of the home itself is such as not to become a fertile soil for the beginnings of alcoholism that may develop in later life. Friction must not dominate the home. The child should be raised with a sense of security . . . not too sheltered, but shown early how to face the hardships of life realistically, and to adjust himself to them. Self-confidence and good sportsmanship are to be encouraged . . . he must learn to be economical and to spend money in intelligent **healthy ways.**

Every opportunity should be afforded a child to develop and express his personality and to study for the vocation of his own choice. Ill-adjusted people are unhappy; they are easy victims of alcohol. The child should be taught to spend his leisure time in active, clean ways. Too many parents are either unqualified to care properly for their homes and children, or are too negligent to do so:

The impact of social forces on the home today is continuous and terrific. Overcrowding in the cities, mechanization, fast transportation and communication tend to make the home unstable. The need for proper care of **the child is greater than ever before . . .**

When put to the test, a grown youth, educated to the evils of alcohol will normally let his better judgment prevail and shun the habit. Some may succumb to it through social pressure, others through the delusive pleasure that the drug induces, but the majority can be expected to benefit from their early moral teaching in the home.

One generation, predominantly of non-alcoholics, can be a dynamic factor in a social change of attitude toward alcoholic indulgence.

Alcoholism Begins In The Home?

By Duane W. Peterson, '54
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WHY ARE THERE over four million alcoholics in the United States today? A survey made through the Yale Laboratory of Applied Physiology in 1952 showed that four out of five college men who drink began their drinking before entering college.

The question which must be asked first when we try to understand the alcoholic is this: "Why did he begin to drink?" We hear many answers to this question, but those who have done research with alcoholics find two answers that are outstanding. Let us look at them and their solutions.

As our society becomes more and more complicated, men find less enjoyment in their living. They turn to drink and to the pleasures in the sensations that come from the alcoholic drink. Here we must notice that these pleasures are substitutional for the real pleasures which society should offer.

The second reason is that alcohol gives a person the feeling of self importance. Man needs the feeling of being important, and some find the fulfillment of this need in alcohol.

We recognize that these needs of pleasure and importance are necessary for a well developed individual. But our next question is this: "Isn't there something other than alcohol that can fulfill these needs?"

Our answer to this question would be, "Yes, the home can and should do something to fulfill these needs." The adult is largely a product of his environment, and surely the home is a vital part of that environment. It is the duty of the home to give the individual a sound personality, to teach and offer him the good pleasures of life, and to help him develop a feeling of being important.

How can the home do this? First, by its example. The probability that a young person will drink at all is closely related to the practice of his or her parents. When adult misconduct through the use of liquor is presented to

children and young people, delinquency and social maladjustment are inevitable. It must be noted by the parents and those who would drink that once a person starts to drink, it is progressively harder to stop.

It is erroneous to think that the home can be a place where young people can drink without the bad influences of the tavern and come out all right. While a young person may learn to drink at home, he is certainly not going to keep his drinking confined to the home. What will he do when he leaves home? He cannot forget about drinking!

The only answer we can give of how not to get started is, of course, total abstinence. The desire for alcohol is not inborn; it is learned. Youth must be taught that it is not a sign of a mature or important person, but that it is generally the sign of the opposite. People are found to be much happier and better adjusted before they start drinking. This total abstinence is not a thing to be forced upon a young person. As other wishes and desires of the parents are to be explained to the youth, so must this. The parents are to love their children and have them understand that they are loved and are important. If the home can build a sound personality in the youth, he will not seek fulfillment of his personality needs in alcohol. It has been found to be largely true that a person will not change much from the way in which he is reared. If a child receives the feeling of security from his home environment, he will not search for security in alcohol.

Although total abstinence is advisable, it is recognized that in many homes there is a custom of "social drinking." Because this is the case, certainly the parents are duty-bound to make known to the children the use of the custom. They are not to allow their children to think that if it is right here, why not anywhere? As can be plainly seen, this attitude would likely lead the youth astray and just as likely lead him on the road to alcoholism.

The home has its greatest responsibility in molding personalities who can go through life on their own and God's power; that is—those who need no crutch of alcohol.

Growing Up

By Verda Margaret Stroup, '57
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WITH THE QUIET, deep shame of childhood, 10-year-old Rosemarie Konko "didn't want people to know."

She wanted to be like other little girls, this youngster with the winsome face and appealing smile.

Instead, she said, she had to grow up in a hurry to cover up for a shiftless mother.

Rosemarie told the magistrate:

"When the relief check came in, Mamma got out of bed and went out to turn it into wine and beer. Then she went to bed again.

"I didn't want people to know.

"I cleaned up and cooked dinner when I got home from school."

Dinners, she added, came from food provided by neighbors—and sometimes from scraps intended for her two cats.

"Mamma always made me beg from the neighbors when she drank up the check," Rosemarie continued. "If I came back without money, she beat me". . . .

Inside, a little girl's heart had grown old too soon, and might never be young again.

"I was ashamed," Rosemarie said.

—*Detroit Free Press*, Jan. 4, 1951

IS THIS AMERICA? Do such incidents as this happen often? Are there many 10-year olds that grow up too fast? Is this the kind of homes in which to start a new generation? These questions are asked over and over by the people most concerned about the alcohol problem in America today.

Home environment is a great factor in regard to the problem of alcoholism. Statistics indicate that the attitude shown towards alcohol by parents largely determines the attitude of younger people towards it after they leave home and live their own lives. Parental drinking habits, good or bad, have a much stronger influence on the average student than any advice given by teachers or church leaders. The results of a study taken by the Yale Laboratory of Applied Physiology show that 80% of the men and 65% of the women started drinking before entering college. The Purdue Opinion Panel states that 2 out of every 3 persons now drinking alcoholic beverages

ages started when they were in high school.

During this period in their lives, between the ages of 13 and 19, most young people are experiencing new emotions, the spirit of adventure is strong, the desire to do something new is keen, and, in short, they are growing up. Recreational facilities are lacking; the youth are bored because they have nothing to do, so turn to alcohol because they think it is smart and exciting. At this age, most young people are self-conscious and unsure of themselves. Their social life is just starting, and the right impression is very important. Many young people have the idea that if they don't follow the crowd in such matters as social drinking, they will lose their popularity and prestige, or, if they haven't started drinking already, they think that it will help them attain this popularity.

This is the time when the home should take a definite step to prevent teenagers from starting on the road to alcoholism. Alcoholism springs not from the bottle but from the personality. This means that the personality should be developed in such a way that there is no urge or desire to "do as the crowd does." Poor home environment, neglect, and lack of parental love leave a void in the teenagers' lives that they try to fill by other means.

There are three steps that should be taken by parents at this point to help determine the attitude of their children.

First of all, the mother and father should examine their own attitude towards the alcohol problem. They should discuss the subject fully between themselves, talk to other parents about it, and learn all the facts that are available.

Secondly, the parents should decide what attitude they want their children to have; whether they think social drinking is permissible, or whether they wish to advocate total abstinence. This should be done by taking all the facts obtained in step one, evaluate them and draw a conclusion.

Finally, the parents should help the teenager develop

a healthy and wholesome attitude towards drinking. They should be told the facts, warned of the dangers, and shown the results of alcoholism in the many institutions over America. Alcohol education should offer something to young people, not merely attack and tear down. "It should offer ideals, not taboos; ideals are positive and broad, taboos are negative and narrow."

If conditions such as those that existed for little Rosemarie are to be avoided, if there is not to be anymore children growing up too fast, then every mother and every father must wake up, open their eyes to the problem, and rise to action against this malignant disease of alcoholism.

The Home Versus Alcohol

By Robert D. Alexander, '54

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PAUL CALVIN PAYNE said, "If you want to change the whole civilization overnight, start with the children; if you want to plant a conviction indelibly into society, plant it into the hearts of children."

This statement indicates clearly the opportunity and responsibility of the home in dealing with the problem of alcohol. Today it is the home, as well as the school and the church, which must educate the future generation to deal with alcohol effectively.

It is of the greatest importance to start early training in the home. This is true because most behavior patterns, personality traits, and the actual character of a child are well established by the time the child is seven years old.

It is an increasingly hard problem now for parents to educate their children about the evil of alcoholic beverages because of the constant and incessant barrage of subtle advertising produced by the makers of such products. This advertising on radio, television, motion-pictures, magazines, etc., glamorizes alcoholic drink so that

none are safe from this allure, especially the impressionable minds of youth. This is a serious thing for parents to consider. Parents must take a stand. Some parents hesitate to take this stand lest they be considered fanatics. However, the parents' stand must not be based on prejudice or personal preference or their children will not take it seriously. Instead, they must show their convictions and the reasons for them. It is the parents' responsibility to acquaint their children with the personal and social consequences of using alcoholic beverages. It would be well to give them the facts and figures so that they may realize clearly how people become excessive drinkers. Parents should call their children's attention to such facts as the percentage of automobile accidents to which liquor is a contributing factor, to crimes for which liquor is largely responsible, and to the overthrowing of the social restraints it tends to encourage.

By these facts and statistics, parents will let their children know the devastating effect of alcohol. In their stand against the use of alcohol they need to guard against giving their children the impression that all who drink will become drunkards or that all who drink are "bad men or women." By giving them false impressions children will discount all the other things said to them about alcohol.

Parents should remember that knowledge alone about the consequences of alcohol is not sufficient motivation for abstinence. Boys and girls need to develop a philosophy of life which leads them to seek the highest values. Religious teaching cannot be overlooked in its importance in contributing to this philosophy of life.

It will be well to anticipate with children some of the situations they may face away from home in which they will be tempted to use alcoholic beverages. Boys and girls should be given suggestions as to how to refuse a drink without embarrassment to others or to themselves. They should be taught how to say "No!" with tact.

One of our most shameful failures is that we are allowing millions of children, eager and willing to learn, to grow up to be alcoholics because we fail to use the first

ten or fifteen years of their lives to teach them abstinence. The lack of adequate education for total abstinence during childhood and adolescence is resulting in a shocking number of drinkers among our high school and college population. Children in most localities receive more bad advice from the brewers and distillers than they do good advice from their parents.

Alcohol education is a must. It must begin in the home.

From The Home – True Men of Distinction

*By Lindsay Marshall,
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AS A RESULT of the brilliant discoveries being made in the field of science, America is said to be living in the "Atomic Age." Progress in human endeavor has produced more wealth and given us a higher standard of living than any other nation in the world. These are real achievements.

In the long run, however, a civilization is judged by the men it develops. What will the history books of tomorrow say about the 7,000,000 problem drinkers and alcoholics in America, a number equal to the population of ten western states? What will future generations think of the 70,000,000 Americans who drink alcohol in some form? Some may ignore this method of evaluation and point to the wealth of the country as the measure of greatness . . .

The varied reasons that people offer for drinking pose a question: Where do habitual drinkers first acquire the desire to drink? The results of the surveys are startling. Experts maintain that the majority of teen-age drinkers learns or is leniently exposed to social drinking at home. Four out of five college men and 65% of college women who drink begin before entering college. Figures show clearly that the amount of drinking young people do is

closely related to the practices of the parents. With children of parents who abstain the percentage of those who imbibe is far less than the percentage found in the children of parents who drink. It is evident that a teenager's customs and attitudes toward drinking are influenced most greatly by the practices, customs, and attitudes of his family and their social group in the community. And contrary to public consensus, most of the teen-age drinkers come from the so called better homes.

With statistics such as these pointing at the American home, parents are faced with a tremendous responsibility. The opportunities of the home to influence the attitude and custom of the children are limitless if the parents are willing to shoulder the challenge presented to them. It is during the first ten years of a child's life, when he is unconsciously learning by mimicry, that his behavior pattern is formed. The church and educational institutions should not be blamed for failure to prevent a young person from becoming an alcoholic when the fault was first established through parental example.

By saying "don't drink," a parent has not done his duty. This negative approach may only enhance the surface glamour of drinking by making it forbidden fruit. The "you can't drink" attitude may lead to a demonstration on the part of the child that he certainly can. Teaching a young person to drink in moderation without giving any further information or instruction only opens the way to a habit that could eventually destroy him.

From the first day of his life a child should feel a sense of security in the home. This security develops a stable personality—one that does not need to turn to alcohol for an escape from reality. When inevitable temptations and difficulties arise in later life, this person will look to the resources of his spirit rather than to "spirits" from a bottle.

Parents must also set an example by complete abstinence in his presence until he is old enough to reason for himself. At the point in a young life when some degree of mental maturity is evidenced, his intelligence must be

appealed to. There must be a co operative spirit between the child and his parents to accept the challenge to share in the responsibility of safeguarding themselves and society against the dangers of alcoholism. When a young person knows that behind the apparent glamour and sophistication of those who drink there lie tragedies of broken minds, bodies, and homes, he realizes the true value of temperance. The child educated to the facts of alcohol today will be the sober father and reliable citizen of tomorrow—a true man of distinction.

The Development of Children's Personality

By Valentine Da Costa, '57

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THE HOME is the only situation in which an extensive preventive influence regarding alcoholism can be exercised over the child. In the first ten or fifteen years of his life, the child's character and personality, his weaknesses and strong points, are decided. If he has been brought up in an environment causing him to be emotionally unstable, he may, as an adult, find it necessary to depend on alcohol or some other sedative such as narcotics as a crutch for support in facing life's problems. Through sound, basic training of the emotions, parents can do a great deal to assure their child of a steady, secure, emotional future, free from dependency on alcohol.

There are three main causes for the use of alcohol: medical, social, and psychological. The last of these is the basis for most cases of alcoholism. Because of faulty personality traits that result from bad home environments, the alcoholic finally turns to alcohol for support. It is still a mystery why some people can turn to religion while others must use alcohol, when they cannot depend on themselves to solve their problems. Looking into the case histories of many alcoholics, we find that there are usually very set patterns of bad environmental conditions.

The most common of these is emotional instability resulting from broken homes. When the parents separate, or are divorced, or when one dies, the child deeply feels his loss and acquires a sense of insecurity. In his teens, he finds that alcohol can obliterate his feeling of insecurity and inadequacy in facing the world, and he gradually slips into the alcohol habit. Another common cause resulting in the child's insecure feelings is alcoholic parents. From the time of his birth, the child is constantly in contact with alcoholic beverages, and since he grows and develops by copying his parents, he very naturally follows in his parents' footsteps.

Even in the family where the parents are living happily together and to all intents and purposes are well adjusted people, there sometimes arise situations in which the parents unconsciously force their children into alcoholism. Sometimes the parents are either too puritanical or too indulgent, both extremes being bad. Children who are restrained at every turn and are forced to keep their emotions repressed are very likely to revolt against their parents by turning to alcohol to show their rebellion. What is even worse than these two extremes in parental behavior is that some parents at one moment are overly indulgent, at the next they restrain too much. Pity the girl or boy caught in a situation like this! Other parents, themselves well-adjusted, often fail to apply their knowledge in bringing up their children. The child is not taught perseverance, self-discipline, or independence at the right times. As a result, he acts independently in the wrong type of situations. Such deficiencies in developing mature attitudes leaves the child to become dependent on alcohol instead of having confidence in himself.

A fourth cause for alcoholism is the parents' mistaken idea that the child must eventually learn about alcohol, and therefore it is up to them to let him indulge in it so that he may become acquainted with it. Later they wonder why he has turned into an alcoholic; they don't realize that although the theory is good, there must be restrictions placed on the use of alcohol. This is only common sense.

In order to provide their children with stable emotions, the parents themselves must have well-rounded personalities. There must be love and affection freely given to the child, for without these, the child feels that he is not acceptable, and he develops a sense of insecurity. When the child feels that he is loved, he learns to reciprocate warm feelings and express his emotions, instead of keeping them pent up inside of him. He needs to be taught to face problems squarely by developing a sense of responsibility. . .

Since most alcoholics are the result of poor home conditions, the best prevention can be found in good family environments. The child must be taught emotional stability through acquiring self-discipline, a sense of responsibility, good judgment and sound reasoning. But above all, the child must be made to feel accepted and secure. When the adult feels that he cannot handle his problems, it is then that he turns to alcohol to make him forget his feelings of inadequacy.

Parental Responsibilities

By Jeanette M. Kyro, '57

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ALCOHOLISM is fast becoming one of the nation's greatest social problems. "Health authorities list alcoholism as responsible for the fourth highest death toll among diseases in the United States, with only heart disease, cancer, and tuberculosis ahead."¹ It is evident, therefore, that something must be done to curtail this public menace. But, where can alcoholism be stopped? By whom? How?

"Most people who drink began before they were seventeen. And in a recent questionnaire to 1177 students in a cross section of our high schools, 13 per cent said they drink—and took their first drink before they were sixteen."² The age level of these drinkers is alarming; but it puts the alcohol situation in a clearer light, and in this light, the direct focus is on the home. The home is the ultimate influence on growing youngsters; it is in the home that they learn to like or dislike liquor. Since the responsibilities of the home rest on the parents' shoulders, it is the parental attitude that determines to some extent whether the youngster will drink and be a probable alcoholic, or refrain from drinking and lead a good, clean life.

If the home is the ultimate deciding place, and the parent the final judge, how shall this public evil be checked?

First, and undoubtedly the foremost, parents should consider religion in their home. Does the child's teaching process should begin in childhood? Have religious security? Does the child know and experience the virtues of a clean, wholesome life? A negative answer to these questions often has shameful results, such as: the teenager finds an escape from his hopeless, insecure feeling by tearing around in taverns and road houses. But a positive answer to the two questions has delightful results, "Some non-drinkers go back to the words of St. Paul, 'Let us walk becomingly as in the day, not in reveling and drunkenness.'"¹

Second, parents should discuss their children's problems openly with the children. Sorry is the lot of the youngster who dares not tell his folks about his troubles. By talking things over, a feeling of mutual understanding is formed between parent and adolescent; and the latter will obey more readily because the youngster will feel that his parents reprimanded or warned him for his own benefit. Alcohol should appear in this discussion, for if the teenager doesn't learn about liquor and its evils from his home, he will learn of it in some other way. Advertisements that place alcohol on a high pedestal and friends who drink may teach him a different viewpoint.

Third, parents should set themselves as good examples for their children to follow. When a child is young, he imitates his parents' every move; furthermore, everything that his parents do, the child accepts as being right. As the child matures, this parental adoration stays with him; and consequently it becomes a problem for drinking parents. This teenager who has seen his parents indulge in alcoholic beverages for as long as he can remember will someday get the desire to have a drink; if his parents oppose, he will find it very difficult to understand why he is not permitted drink. On the other hand, the child of a non-drinking couple will feel that since his parents do not drink, there must be something wrong with liquor; therefore, he will shy away from alcoholic drinks. "The children of alcoholics are more likely to become alcoholics themselves."²

The home, indeed, plays the important role in the alcohol problem. If the parents make their children feel secure and happy with the good side of life, if they guide them and help them with their problems, and if they set themselves as good examples, the alcohol problem can be reduced. In this complex, fast moving society alcohol and its evils must be reduced.

¹Margaret Hickey, "Teenagers and Alcoholism," *Ladies Home Journal*, LXIX (April, 1952), 25.

²*Ibid.*, p. 114.

³Jean Libman Block, "Alcohol and the Adolescent," *Parents Magazine*, XIV (Dec., 1951), 41.

⁴Jean Libman Block, "Alcohol and the Adolescent," *Parents Magazine*, XIV (Dec., 1951), 90.

THE HOME: SOURCE OF POSITIVE CREATIVE STANDARDS

(Continued from page 41)

drinkers are being conditioned. It is indeed a sad commentary on our culture that within the walls of the home, through visible and audible means, at every turn, youth is urged to accept the drinking pattern as a way of life. Is this what we want?

In the learning process, the child from early beginning employs imitation which is defined as meaning "that whole complex of interactions which result in one organism's adopting behavior similar to that of another under given conditions."⁵ The child adopts habits, attitudes and beliefs of early groups. As maturation continues, the device may easily become identification which is an unconscious process in contrast to imitation. Important figures, such as parent, teacher or scout leader often become the identifying object. When an idealized or an identifying object is proven to be a "phoney," who can estimate the damage such a disclosure may bring to the youthful personality? The social and moderate drinkers of the nation who number well over forty million,⁶ include large numbers of parental and other adult objects to whom youth turn for example and inspiration.

The obligation of society to assume the necessary positive and honest attitude toward the alcoholic issue cannot be further ignored in the home. Surely through legislation, reasonable Federal control would be an acceptable social change as a protective safeguard and check.⁷ Parents might join Allied Youth and Alcoholics Anonymous in the development of a humanistic approach to the problem, which could gain support of intelligent voters everywhere. What better means quickly to focus attention than a National Alcoholic Week, with all the dignity and facilities accorded other National health and social issues? Surely as a nation, we are not willing to

adopt the policy of laissez-faire and let our youth become one with the alcoholic cult of our culture.

¹Harry S. Warner, *The Liquor Cult and Its Culture*, (1946), p. 42.

²Austin L. Porterfield, *Youth in Trouble*, (1946), p. 92.

³Edwin H. Sutherland, H. G. Schroeder, and C. L. Tordella, "Personality Traits and the Alcoholic, A Critique of Existing Studies," *Quarterly Journal of Studies on Alcohol*, XI:559, Dec., 1950.

⁴Clarence H. Patrick, *Alcohol, Culture and Society*, (1952), p. 73.

⁵George A. Lundberg, Clarence C. Schrag, and Otto N. Larsen, *Sociology*, (1954), p. 219.

⁶Irene M. Josselyn, M. D., *Psychological Development of Children*, (1951), p. 90.

⁷Patrick, *op. cit.*, p. 153.

Parents Who Unconsciously Teach Alcoholism

By Claire A. McLagan, '57

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AN INCIDENT which I had the misfortune to witness while serving in the Navy two years ago lingers in my mind as an unpleasant example of mismanaged alcohol training in the home.

One night as I was standing night duty in the barracks, many of the girls came in drunk to the point of helplessness. I was kept quite busy putting them to bed. No sooner would I get one girl situated when another would need my assistance. My first reaction to this was pity, but later my pity turned to disgust, for each one of them was under twenty-one. Why did these young girls with long lives ahead of them in which to view the beauty of our world begin so early to distort these beauties into the false illusions which alcohol so easily can create?

The next morning I saw one of the girls. I asked her how she had secured the liquor when she was only nineteen, and why she had gotten herself into a drunken condition. The first question she would not answer, and the second she could not. I asked her if she had been allowed to drink at home, and to that she answered, "Heavens, no! I wasn't even allowed to mention the word!" I asked many other girls if they had been allowed to drink at home, and received approximately the same answer.

The mistake some parents make in raising their children is to ignore the subject of alcoholism. Drinking, along with smoking and other evils of the world today, can be a temptation to youth. Many parents don't elaborate on the issue of drinking; they say only that it is wrong, not *why* it is wrong. Instead of sounding distasteful to the child, drinking

becomes an attractive evil. By practicing evasiveness, such parents, although they do not realize it, may become the best advertisers of liquor this country knows. A child who is raised under the influence of dominating parents screams with relief when he has finally secured his freedom.

My parents taught me the good and evil of alcohol and the results from it should I indulge. They explained that alcohol acts as a brain depressant. They told me that brains were numbed by this character killer, that after drinking I would not be in possession of all my senses and would in turn be sorry (most likely ashamed) for the things I had been doing while in this state of mind. They told me also that if my troubles were too much for me to bear, alcohol would not solve them, for my problems would still be with me the next morning, plus the added burden of not feeling well, the result of the alcohol.

Whenever I had a question concerning alcoholism I was not afraid to bring it into the home: in fact, my parents encouraged such discussion. They answered in a straight-forward manner and to the best of their ability. My dad, being a good sport, actually challenged me to find anything beneficial in alcohol, other than for medicinal purposes. To this day I have found none. When it was time for me to choose which path I wanted to follow, it was my choice, not theirs, and thanks to their psychology I chose the right path.

The home is the most important influence on a child while he is maturing. He looks to his parents for guidance and advice, and being only human, rebels when his life is being ruled. The effects from alcohol should be taught along with the problems of sex. If he is taught properly in a truthful way and in a Christian way, the child's chances for taking the right path when he finally rules his own life will be exceedingly great, for truth and Christian training walk hand in hand and are an unbeatable combination.

ALCOHOL AND THE HOME

(Continued from page 64)

The American home must again become a real home, not merely a convenient place for the family to stable its troubles. Our children, even when their energy tires us, must not be so easily surrendered to the neighborhood movie house or the amusement park.

In rebuilding home life religion can play an important part. The old religious sanction probably cannot be restored, but a new and more vital one can be found—one which will emphasize the Supreme Being and the fellowship and equality of all human beings.

In conclusion, the home today is afforded more opportunities than anything else to reduce to a minimum the number of persons who are wrecking their lives because of alcohol. By surrounding a child with love, security, respect for others, and a knowledge of what is right and wrong, parents can establish a foundation for a child that will remain firm throughout his life and enable him to be ready to lay the same kind of foundation for his children. Just as the home may be a source of alcoholic evils, it can also be a preventive if both parents are willing to work toward that end. Thus—train a child in the way that he should go, and when he is old he will not depart from it.

Alcohol And The Home

By Rueben McCoy Turbyfill, '55
Lenoir Rhyne College, Hickory, N. C.

ONE'S FORMATIVE years are spent in the home. What is learned in these early childhood years will be practiced in later adult life. In many cases an individual may turn away from what he has been taught in youth, but there is always some reason for his doing so.

The child who is made to feel unwanted or, contrarily, is pampered; the child who is punished too much or not enough; the child who is discriminated against in favor of a more comely or intelligent brother or sister; the child who is constantly made aware that his parents do not love each other—all are seeking an escape which they may later find in alcohol. The home is laying the foundation for these maladjusted persons.

The home should be, on the other hand, a bond of love and affection between each member of the family making up such an institution. The family is a group in which the members respect and love each other; it is a group which automatically gives the individual a feeling of security; it is a group which will rally to one's side no matter what the cause may be.

It is still true that children tend to do what their parents do, rather than what their parents tell them to do.

If a child sees his parents doing those things which are normally considered by the parents to be above reproach, such things as the parents believe are right, why should the child consider those things evil? If the parents, or one parent, drinks, the child will have a tendency to think that drink is not totally wrong. If the parents argue or do not get along well, the child will have a tendency to do likewise in his later life. All these factors are contributing to the child's character and respectability.

Drinking will not only wreck the economy and structure of the family; it will also deteriorate the normal social roles of husband and wife as they exist in our society.

When two people are united in marriage, they have come together as one; to share everything that life has to offer. Alcohol is a popular evil which can break this bond. It has in the past and, unfortunately, it will continue to in the future.

Drinking isn't inherited. The reason a son or daughter of an alcoholic follows the same path is because of the deterioration of his family life, the inevitable result of excessive drinking. This deprives the children of their right to grow up into stable, well-adjusted adults.

Thirty to forty out of every 100 of the offspring of alcoholics follow the trail blazed by their parents and in turn become victims of the disease—a disease, and not a moral weakness as it is popularly regarded today.

Not all heavy drinkers come from a home life of alcoholics. Many such parents ruin their children by wanting to help too much, by making decisions for them, and by trying to "keep them under their wing." Some of these young people will try to find escapism in alcohol. They gradually realize that a few drinks can make them feel relaxed like a normal person, tormented by no one. Mainly because of their parents they have gone astray.

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THE
INTERNATIONAL

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1955

STUDENT

-- And Digest of Alcohol Studies

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"And That's the Way it Goes"
Initiating Agencies of Alcoholism
Quotes from Student Writers

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HARRY S. WARNER, *Editor*

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at

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**Moving into—or away
from—drinking patterns.**

DRINKING AND AMERICAN YOUTH

Condensation of
a lecture.

Dr. J. E. McCracken

FOR OUR DISCUSSION of this topic, let us establish some basic assumptions. If we disagree on these, we cannot hope for a consistent presentation.

First, is our assumption concerning the group, American youth, itself: General agreement places the period of youth from ages 15 to 24. This group comprises 15% of the total population of the United States. Youths at these ages are facing a complex of personalized decisions as to values and beliefs and how they will apply or practice them. It is the period of transition for American human beings. This understanding is of basic importance in our discussion.

Another identifying thought is significant: That this age requires expression of individuality, out-doing others, fearing nothing. These factors have much to do with why, how, when, and with whom drinking alcoholic beverages is done or not done.

A second assumption is posed by Landis in **Adolescence and Youth** that the course of our life-cycle is governed by two interacting variables, the biological (physical) and the socio-cultural. "The brick and mortar

Dr. J. E. McCracken is Dean of Students at Millsaps College, Jackson, Miss. The lecture from which the condensation is made was given at the summer Institute of Alcohol Education at Millsaps, July 26 to August 6, 1954.

of human nature," says Landis, "are in the germ plasm; society is the architect and builder."

The influence of alcohol on the biological-physical phase of human life concerns the preservation or destruction of the basic "brick and mortar of human nature." Looking carefully we see that the real and ultimate damage in this area is cumulative. We can depreciate the bio-physical structure of the individual much as we depreciate the physical elements of our homes in our income tax return. This depreciation accumulates over an approximate 15-to-20 year span, and completes its most destructive work for constant users within this period. There is also damage done by the storms of overuse of alcohol at any one time.

Therefore, the chief concern in this youth area would seem to be: First, recognition of the ultimate, long range possibilities for damage to the brick and mortar of their lives, and second, the hazards which accompany excessive "single fire" drinking sessions. These hazards should be neither exaggerated nor minimized; they must be presented fully and accurately.

Social and Cultural Influences

Now let us consider the second of the influences which mold and modify the lives of people, the socio cultural variable. It is this phase which studies indicate was neglected in favor of the bio physical in earlier efforts at alcohol education. With youth, especially in adolescence, the chief characteristic is confusion in selecting suitable standards and objectives out of the complex multiplicity of those which face him in our, the American, the mobile, and the ever-changing culture. My approach therefore will focus on the problem of drinking as one of the many social and cultural problems of adolescents and youth.

Reference to the quotation about bricks, mortar, architects, and builders calls our attention to the fact that the confusion and complexities are not in the germ plasm but in society. The more primitive cultures have virtually one architect and one unified group of builders with a
(Continued on page 80)

"The First Wealth is Health."

TOXIC REACTION

Is the Prevailing Factor.

Condensed from "Health Facts."

R. Gordon Bell, M. D.

IN SPITE OF the unprecedented study and research of the past ten years into the various aspects of problem drinking, there are still differences of opinion as to the nature and causes of this complicated disorder. One school of thought considers that the basic disorder is in the personality of the afflicted person; another, that the basic disorder is in the metabolism of the patient.

All research to date supports the concept that alcoholism can be controlled but not cured. Even though an alcoholic attains a very good, stable pattern of living and socially recovers from the effects of his illness during the period in which he was out of control, he cannot drink again in a controlled manner. Hence, treatment involves aiding each patient to attain and maintain a satisfactory life of total abstinence.

It is considered that both schools of thought are right as far as they go, with one or both factors evident in the majority of patients, but neither one explains completely the clinical history and finding of the alcoholic patient. If to these two basic concepts is added an appreciation of the chronic toxic reaction of ethyl alcohol in sufficient concentrations to repeatedly disorganize physiological and psychological functions, the alcoholic syndrome becomes more understandable.

The greatest handicap to effective treatment and prevention of alcohol addiction and chronic alcoholism lies

Condensed from "Alcoholism," by Dr. R. Gordon Bell, Medical Director of Willowdale Hospital, Toronto, Ontario, in *Health Facts*, prepared for Canadian National Health Week, 1954; published by The Health League of Canada, Toronto and Montreal.

in the general public's ignorance of the above concepts. We know that the illness associated with toxic exposure to ethyl alcohol could be brought under control. The obstacles to this are the same as those to V.D. control a generation ago. Public ostracism of the alcoholic must be replaced by enlightened tolerance through education.

Any person or clinic working in the field of alcohol problems ultimately acquires the obligation to educate people to a new understanding of problem drinking. This education must eventually include physicians, nurses, and other clinical personnel, as well as educators and the public generally. Recognition of this need is required on national, provincial, and community levels. Unless education either precedes or is concurrent with clinical developments in this field, we can expect clinics to be relatively ineffective.

If parents could appreciate that the chance of one or more of their children becoming an alcoholic exceeds the combined chance of their developing tuberculosis or poliomyelitis more interest in this field would be quickly developed.

Any community clinic established to treat alcoholism should enlist the support and cooperation of A.A. This organization has proven that it has the most effective means to date of initiating and maintaining necessary motivation for a life of total abstinence. The members of A.A. can provide the necessary follow-up assistance more effectively than clinical personnel to date. Any city large enough to plan its own alcohol clinic is certain to find that A.A. is already organized there.

Initial exposure, degree, and frequency of exposure, and type of exposure to ethyl alcohol is largely decreed by social pressure. The pattern of drinking varies greatly in Canada from province to province, and from one part of a province to another.

In addition to further clinical research into problem drinking, there is an equal need for extensive nationally supported social research into drinking customs before the type and severity of our alcohol problem becomes evident.

**After years of experience, this
writer is now a college student.**

I MARRIED AN ALCOHOLIC

By Viola (Mrs. Albert) Gordon

ABBIE AND I KNOW, through experience, some things about alcohol that would make the most ardent research worker sit up and listen. It all began for us as a team seventeen years ago, when, shortly before we were married, Abbie confessed:

"There's something I must tell you, Vi. It's this. I'm drinking terribly these days, but I know if you'll help me, I can quit."

Knowing nothing at all about alcoholism as a disease, I embarked blissfully upon the sea of matrimony. Why shouldn't I? Wasn't I married to a man of highest character and integrity? Abbie couldn't hurt a kitten, much less the woman he loved enough to marry; but many have learned, before and since, that alcoholism is no respecter of persons. Our happiness was soon marred by the realization that there was no quitting for Abbie, with my help or without it.

Many people, some actually interested in the alcoholic, others just looking for more fuel to burn in gossip sessions, have asked how an alcoholic acts. Others have posed the question, a little fearfully, "How can you tell whether you are an alcoholic or a social drinker?" In answering the first question I would say that no two drinkers are alike, and that drink never made my husband abusive, only wretched. How anyone can live with an alcoholic and have anything but compassion and pity for the af-

Mrs. Gordon, a student at State Teachers College, Bemidji, Minn., wrote the Editor: "It is our desire to contribute what we can to study of the problem in which we share so intimately . . . My husband and I wish to express our appreciation for the work you are doing toward solving the problem."

licted, I cannot understand. Every morning was greeted with nausea until, in shame and in the seclusion of the bathroom a sufficient amount of whiskey had been consumed to settle the stomach. Every noon was greeted much the same way, with less nausea, but with little satisfaction in the repast. Every minute when his mind was not occupied with his work he was plagued by the thought that he must have a drink. My husband says, in answer to the second question, that a desire to drink alone is quite a certain indication of one's status as a drinker. Alcoholics don't drink for enjoyment, don't care to join in a social drink. Most of them hate it as they would poison, and yet, there they are shackled mind and body to the very thing they despise, without hope of release.

The miseries of the first year were off-set temporarily by the birth of our first child. Indelibly printed in my mind is a scene, when one evening, as Abbie stood looking at the baby and marveling at the wonderful thing that had come to pass in our lives, the tears came to his eyes and splashed over into the bassinette. I can remember how he clenched his fists and cried out, "Look what I have to live for! Am I a man or a mouse that I can't quit this?"

Always a plan of some sort was underway. Countless times efforts were made at tapering off. The plan would be to start with the usual quart a day; and each successive day take less, until at last the zero mark would be reached. Always these plans failed, always bringing tears of despair, Abbie's often in my presence to the accompaniment of groanings and clenched fists, and mine almost a constant flow to mingle with the dish water, wash water, and the baby's very own. Oh, we tried many ways, including a vacation in a secluded spot without an automobile, and calling in the pastor, but nothing helped. The only reward for our efforts was the accumulating piles of pink-topped bottles, gathered up from under couches, in big chairs, closets, window sills, any place at all where they could be tucked out of sight.

After a year and a half of this, other troubles came our way; Abbie's health, no more money for anything but whiskey, and finally, no job. That's when Ab said, "I'm licked; it's no use for me to try any more." So with nothing more to pocket than our pride, we told Mother and Dad of our dilemma.

In true Samaritan fashion we were invited to come to them at their farm. On January 4, 1939, we bundled up our baby and the two biggest whiskey bottles I had ever seen; they looked as though each held a gallon! At the door of the farm house that was to be our home that winter Abbie gave Mother the two bottles, saying, "Here, Mom, keep these for me, and if I ask for any, don't give me any."

Mother's answer was short and to the point, "You gave them to the right person!"

That night my heart was filled with foreboding, wondering what the morning would bring without a "bracer" for the queasy stomach and the harassed mind. All too soon the time came when Mother forgot her promise about the bottles as she compassionately gave the drink that was so sorely needed.

Here the dirge ends and the victory march begins. That was the last drink of alcohol that Abbie had. Explain it? Why did success come this time and never before? We don't know how to answer in any other way except as Ab said in his own way, "After that first night, I knew everything was going to be all right. The Big Boss took over where I had failed."

Recovery, however, was slow as from any illness, learning to eat again, getting strength back into a weakened body, but what a joyous winter! Truly, we had never lived before! It is possible to be poor as church mice and yet be the richest people in the world. It was a straight, self-respecting man who brought back the two whiskey bottles for a refund. Before embarking on his first trip to town alone, Mother girded him well with this bit of advice in Swedish, "Vig bak mij, Satan," which means, "Get thee behind me, Satan."

From our place of security now, both socially and ma-

terially, we look back and wonder whether this really happened, or was it a dream? This we do know—that of all of our lives' experiences none other has been so heart-rending and none so enriching. We are thankful to our Heavenly Father, who so diligently seeks our gold to refine.

SOCRATES ON DRINK CULTURE

By Arthur G. Skeeles

XENOPHON, in his **Memorabilia of Socrates**, quotes the following advice from the great philosopher.

"Should we entrust to an intemperate slave our herds, or granaries, or the superintendence of our agriculture? Should we be willing to accept such a slave as an agent, even if he would work for nothing?"

"But if we would not even accept an intemperate slave, how can it be otherwise than important for every man to take care that he himself does not become such a character? For the intemperate man, while he is mischievous to others, is still more mischievous to himself, ruining not only his family, but his own body and mind.

"Is it not the duty of every man to consider that temperance is the foundation of every virtue, and to establish the observance of it in his mind before all things? For who, without it, can either learn anything good, or sufficiently practice it? Who, that is a slave to pleasure, is not in an ill condition both as to his body and his mind?"

"It appears to me that a freeman ought to pray that he may never meet with a slave of such a character, and that he who is a slave to pleasure should pray to the gods that he may find well-disposed masters; for by such means only can a man of that sort be saved."

(**Socratic Discourses**, Everyman's Library, pp 28-29)

**Taking a Longer View
of Alcohol Problems**

ALCOHOL AN AGENT

In Cultural Disorder

Condensed from a lecture
in Sussex, England.

Edward Winkless

STANDING BY his study window, a psychologist saw his little daughter push a neighbor's small boy into a fishpond. The father rushed down to the garden to correct his daughter. Suddenly she looked up and said, "Daddy, why did I do that?"

Many moderate drinkers are continually getting themselves into a variety of difficulties and unpleasant situations, yet they never seem to ask themselves "Why?" "Why do I drink?" It would be of immense help if they did. They do not ask the question, most likely, because they feel no need to do so. If others ask, they give a score of reasons. Some say, "Because I like it," but seldom, if ever, say **why** they like it.

In his "Psychology of Drunkenness," Dr. Albion Roy King deals comprehensively with the question, offering five reasons which seem to have substance: (a) The primitive need for excitement, (b) modern need for relaxation, (c) desire for sociability, (d) natural formation of habit, and (e) desire for escape—five fundamental needs of the human spirit.

Dealing briefly with these points, we have, first, excitement. The primitive method of obtaining this need was to abandon oneself to debauchery. Modern education and

Edward Winkless is a young official in the Temperance Collegiate Association of Great Britain. The lecture, "Psychological and Social Aspects of Moderate Drinking," was given at a National Conference of British leaders in 1950 and published as a pamphlet in London.

life have found better ways. There is an excitement phase in drinking, but it is not the same as that of sports, music, art, literature, and other restrained and refined enjoyments. The excitement stage of intoxication is unscientifically looked upon by moderate drinkers as stimulation. It is not stimulation at all; it is impulsive action resulting from narcotizing the higher intellectual faculties.

Second, there is a vast amount of drinking today to obtain relaxation, freedom from the strains in the struggle for bread and butter—the demands of serious living. Temporary freedom from these strains may be found in alcohol, but education and modern living again have brought us many forms of healthy relaxation wholly unknown in primitive days.

Third, sociability. Accepting good fellowship, freedom from self-consciousness, emotional expression, spontaneity of conversation as basic requirements, we may say alcohol can and does make for freer speech, emotional expression, and freedom from self-consciousness. But this does not set forth the full action of alcohol. The speech that follows the consumption of alcohol will be less guarded and never of a higher tone. Emotional expression will be accompanied by loss of self-control and the possibility of aggressive and offensive behaviour. The shedding of self-consciousness by alcohol is accompanied by loss of the critical faculty. All qualifications for sociability are obtained without recourse to alcohol.

Regarding habit, psychologists are inclined to the view that habit results not merely from repetition of action, but that the purposes of the action, the goals sought, and the satisfactions obtained have parts in its formation. Temporary satisfaction can be found in alcohol; euphoria is without doubt a pleasant state. But modern scientific understanding indicates clearly that when one uses alcohol for a specific purpose, such as ridding one's self of a pressing personal problem, the road to addiction has already been entered and the habit of depending on alcohol established.

Answering the escape motive, Dr. H. C. Miller of the

Institute of Medical Psychology has said,

"Modern life is replete with opportunities of escape—from chewing gum to morphia; from dancing to ocean cruises."

To make the necessary adjustments to this situation—to learn how to manage life—is the task for education. "Unless the mental health of the next generation is superior to that of this generation," adds Dr. Miller, "civilization will resolve itself into an elaborate and incessant escape from reality. And the tragedy is that the escape is valued as freedom. The material freedom to drink alcohol is psychologically a small matter compared to the **spiritual freedom not to require it.**"

But the desire to escape temporarily from life via alcohol, for the moderate drinker, is an important factor in his drinking.

Again the Question, Why?

After this examination of the fundamental needs of the human spirit to which alcohol responds, the question can still be asked: "Why do men drink?" And the real answer is that the regular drinker, moderate or not so moderate, uses the commodity primarily to secure a false (or unnatural) mental environment.

The reason for this has been stated by the Advisory Committee of the Central Liquor Board (Great Britain) as follows:

"... alcohol produces to some degree that effect which perhaps more than any other is the secret of its charm, its well-nigh universal attraction for the human race, namely, a sense of careless well-being or of bodily and mental comfort."

When the regular user takes up his glass, he does so anticipating a particular mental and emotional result. He expects the glass to bring him a changed mental environment, a fresh confidence in himself, a favorable and more pleasant outlook on life. It is doubtful if he would continue his drinking if these changes did not take place.

Generally, his expectations are fulfilled, although there are times when he must cross his own estimate of his

moderation boundary to find what he is seeking. He fails to appreciate the risks involved.

For it is the consensus of opinion among medical scientists and psychologists that with the early glasses, and especially so with moderate drinkers, there follows a degree of interference with the higher intellectual faculties and thus with normal individual behavior.

In short, the Advisory Committee quoted above had the moderate drinker in mind when it stated that:

"... without signs of intoxication in the full ordinary or in the legal sense of the term, the bearing and individual attitude of mind suffer temporary change as an effect of the drug, and those in contact with the person so affected have, for the time being, to deal with an ALTERED INDIVIDUAL whose mind lacks temporarily its normal factor of judgment and conspicuous elements of its self-control."

In **Civilization on Trial**, Arnold J. Toynbee points to alcohol as one of the chief agents in the disintegration of human culture. Obviously, this cannot all result from excessive drinking. Such drinkers are in the minority: a small minority of all drinkers. The moderate drinker makes a grave mistake in thinking that the alcohol problem is confined to chronic alcoholism. The following points are submitted for consideration:

His use of alcohol, primarily, is to obtain the feeling of well-being (itself a false feeling) that follows its use.

Drinking is accompanied by a loss of self-criticism, sound judgment, and self-control.

The phase of drinking that is most readily defended and sanctioned by drinkers of so-called moderate amounts is their own—the moderate drink—but this phase results in a measurable degree of interference with normal individual behavior, thus making the drinker an "altered individual."

The psychological and social environment in which
(Continued on page 86)

AND THAT'S THE WAY IT GOES

By Barbara A. McNutt, Toronto

ONE NIGHT last summer I went to a couple of "wet" parties and enjoyed myself thoroughly without touching a drop of alcohol. And that's not all that happened!

It was a double date—I knew the other girl very well and the fellows not at all, and Mary knew only one of them. All we knew beforehand was that we were going to two parties—where or what the fellows didn't say.

The first turned out to be a cocktail party—the small, friendly kind with a dozen people and the cocktail shaker in the garden, watching the sun set over the lake. I knew that Mary always took a cocktail or two, and she told me later that both of the boys usually drank. But that night I asked my host for a coke—and **Mary and the boys asked for cokes too!** Jim said something about having to drive, and that was that.

Then we went on to the second party—a small celebration in an Officer's Mess that Jim belonged to. Drinks were on the house that night, and the barmen were kept busy. But once again I asked for a coke, and **once again my friends followed suit!** The rest of the party got high, but even then they didn't seem to be having much fun. We four supported the "Coca Cola" people and later we agreed that we had enjoyed ourselves thoroughly.

The moral? Yes, there's a moral. If I had accepted a cocktail or two, and five or six rum-and-cokes, or whis-

Miss Barbara A. McNutt, Mt. Allison University, '52, Sackville, New Brunswick, was student chairman for Canada at the Intercollegiate Schools of Alcohol Studies, at Otterbein College, Westerville, Ohio, in 1953, and at Huron College, London, Ontario, in 1954.

kies on the rocks, my friends would have done the same. Jim mightn't have driven us all home safely. We probably would have felt terrible the next day. And most certainly we couldn't have had more fun with a "load" in than we had as it was.

That's the way social drinking goes—everyone drinks because everyone else does. But if someone is brave enough to stick to his convictions and ask for fruit juice or a soft drink, he may set an example for the weaker brethren who don't want to drink but aren't able to resist "going along with the crowd."

So, next time you find yourself at a "wet" party, try asking for a non alcoholic drink and see if you don't have some supporters!

Drinking and American Youth

(Continued from page 68)

single philosophy, methodology, and approach to the building process; the architect and builders are the tribe with its roles clearly defined by tradition. In our society, the American culture, the great melting pot, a youth is faced with designs made by several architects of highly diversified background and philosophy. He is faced with an even greater number of builders who have a phenomenal variety of ways they hope to use these bricks and mortar. This is youth's chief problem. Youth may tend to tear down the analogy of brick, mortar, architect, and builder by becoming active in self-development. Young people are beginning to say, "We are getting tired of the kind of building we are getting; we want to take a part in the kind of structure we become!" This may make a major difference in the resulting structure.

Consider three patterns of development. Let "C" represent the cultural background from which a young person comes; let "E" represent his immediate environment—his family—and let "P" represent his peers—his fellow youths. Let "1" represent abstinence, and "2"

drinking. Then we may diagram the following patterns:

I. $C_1 - E_1 - P_1$ II. $C_2 - E_2 - P_2$ III. $C_1 - E_1 - P_2$

The first two show individuals whose patterns of behavior are consistent with their backgrounds and standards. The first come from cultures and families which teach abstinence, and they are with groups who practice abstinence. The second are from cultures and families where drinking is practiced, and they continue this practice in their social groups. Both of these types of youth will probably be well adjusted insofar as their drinking patterns are concerned. Here we would expect to find low incidence of anxiety and neurosis.

The third pattern, however, represents a youth from a non-drinking culture, a non-drinking family, who becomes affiliated with peers who drink. When he begins to drink, he increases his potentiality for anxiety and neurosis, because he is behaving in a way that is inconsistent with his standards and beliefs.

Implications of the Third Pattern

First, I would like to suggest that in contrast to the adult use of alcohol to ease tensions, with the youth in this category the drinking comes first. He drinks to conform to the group; then, as drinking is contrary to his standards, anxieties develop. These in turn may bring about more drinking or some alternate escape mechanism.

Second, we might recognize that the strength of the anxieties or neurosis that come from this conflict will be related to the sources, amounts, and kinds of advice that the youth has had relative to drinking.

Third, we might ask, "Why would youth have a tendency to move toward or into a different development pattern?" The answer to this relates to four basic factors in social adjustment: (1) The desire to belong. (2) A wish for social approval. (Whose approval do they seek? Here is a conflict: 'They want their parents' approval, and also that of their peers.) (3) The need for affection. (Most of all they want parental affection, but lacking that they will get it somewhere else.) (4) Freedom from constraint. (Hence the individualism of adolescence.)

Concerning reasons for moving into new patterns, Straus and Bacon, in **Drinking In College**, report the following relation between economic backgrounds and drinking among college students:

If family income is	Students who drink	
	Men	Women
Under \$2500.00	66%	30%
\$2500. - \$4999.	74	48
\$5000. - \$9999.	81	58
\$10,000. and over	86	79

A study of high school boys and girls (Landis, **Adolescents and Youth**) showed that, of the boys in high school, 45% drink, but only 14% of these approve of drinking. Likewise, 27% of the girls drink, but only 8% approve of drinking.

We need to recognize that drinking or abstaining is not a way of behavior selected by the individuals operating as separate, willful entities unaffected by social environment. College students do not select their parents, sex, or ethnic affiliations. Few choose their religious affiliation, income, or drinking behavior. Yet, these are the basic factors in their originally adopted behavior. After the adoption of a behavior pattern, the influence of peer groups and the expectations of these groups operate to reinforce or modify the adopted behavior,

In the Bacon and Straus study, some of the reasons which the students gave for abstaining from the use of alcohol were as follows:

	Men	Women
1. Dislike of the taste.	35%	35%
2. Contrary to religious training, immoral, pledged not to drink.	27	32
3. Parents or friends disapprove.	12	12
Because of standards (total of 2 & 3)	39%	48%

We see from this that youth abstain to a great measure because of standards. One might speculate that the traditional reason shown, dislike of taste, may be a cover-up or rationalization to appear more satisfactory and acceptable to peer groups.

Having considered bases for the adoption of abstinence

patterns, let us look at the reasons **for** drinking given by youth:

Men	Women
1. Taste	1. Taste
2. Custom	2. Custom
3. Gaiety	3. Gaiety
4. Relief of fatigue and tension	4. Relief of fatigue and tension
5. To get high	5. To get along on dates
6. To get along better on dates	6. Relieve illness or physical discomfort.

In summary, we have said that the sociocultural factors of income, religion, and ethnic background greatly affect the basic patterns of behavior related to alcohol consumption. Yet, these influences may disappear or reverse when the incidence of **extreme** drinking behavior is examined.

1. Cultural forces play a large role in the adoption or non-adoption of the behavior patterns of drinking or abstaining.
2. After adoption, cultural forces still play a role, but individual and situational factors increase in significance.
3. When **extreme** behavior patterns are examined, it is found the cultural factors play a very small role, and the individual-situational factors play a great role.

Now, what do we do? What shall be our approach to youth, concerning alcohol education? First, we might as well recognize that our chief problem drinkers are not likely to be those that come from the consistent-pattern groups. In this group, our major efforts are toward helping them recognize whether they are going to become the small percentage of later problem drinkers. There are certain signs which will indicate this. Also, we can try to produce in them an awareness of bio-physical deterioration and personal injury implications, both long-range and "storm" type.

What can we do for the inconsistent-pattern youths? First, we must recognize that few youths move from being drinkers to being abstainers without some intentional force moving them. We must reinforce their values, standards, and enjoyment patterns; their satisfactions in doing things without drinking. We must so reinforce these things that we can eventually make the "out" group become the "in" group.

Here is a positive alternative: We talk a lot about how much is spent on alcohol and on problems growing out of alcohol. What would happen if people who want to reinforce standards of non-drinking would put as much money into this effort as those who use alcoholic beverages put into it? Could we thus create such satisfactions and such standards that the "out" group could become the "in" group?

Another area in which we need to work is with the parents. We say "parents are to blame," but we don't go further and say what parents ought to do. An important thing that can be done through PTA groups or church groups is to drive for a closer integration of the parents who have a non-drinking standard, **to set a cultural pattern**. Parental law, by and large, has greater force than statutory law with youth. Youth must know the standards and must have sufficient experience of choice and participation in decisions to have the strength of will to make their own decisions. An integrated parental culture to represent and reinforce the standards desired is vital to the maximum success of parental influences.

A youth survey of 3,000 high school students in Nassau County, New York, conducted by Hofstra College, was summarized in part as follows: The "report challenged parents to organize an adequate youth program or risk the consequences in sex parties, drunkenness, vandalism, and crime."

Alcohol does not do anything for youth which cannot be achieved more effectively and with greater social acceptance in other ways.

A MATTER OF COERCION

An Editorial From The Voice, Washington, D. C.

WHEN AN IDEA is forced upon a group of people over and over again until that idea seems to be a part of the pattern of their own thinking it is coercion. And when the idea is deliberately false and misleading, the situation is even worse.

When over and over again, in their homes, at their places of business, in public transportation, in entertainment, that idea is repeated, it will eventually have an effect upon any group of people. This is the way men can shape a society and the pattern of living of a generation and of a nation. If the idea is presented in enough different ways, in enough different places, at enough different times, it becomes a mental reflex in people. George Orwell knew what he was talking about in his book about the future state. It is a form of thought control, pure and simple.

It sounds insidious. And yet that is exactly what has happened to the American people and their attitude toward beverage alcohol.

Over a period of years the liquor traffic has set about, deliberately, to change the pattern of American thinking. By connecting beer with the founding fathers of democracy, by dramatically portraying a beverage that "belongs" as a part of the American way of life, by associating the highball with financial success, and the cocktail with social prestige, the alcohol beverage traffic has carefully and shrewdly forced upon the American people a social pattern which is completely foreign to the very conditions with which it is paralleled.

This is mental coercion. Beer and whisky are a part of some areas of American life not because of any intrinsic value in the products themselves, but because of a clever program of propaganda designed to tell the American

public over and over again, that they **do** belong. It is a program of propaganda that spends at least \$250,000,-000 a year in magazine and newspaper advertising alone. It is a program that creates \$250,000,000 worth of pressure—to ram home a false idea and to force a habit pattern on a nation.

There is nothing basically wrong with advertising. Advertising is an important part of the system of economics we call free enterprise. But advertising that is deliberately misleading, that does not tell the truth, and that is designed to force a product on society, to that society's detriment, is wrong. And when that advertising program, fed by the enormous profits of a traffic which capitalizes on the weaknesses and the miseries of men, begins to enter into every possible area of human life until not even little children are immune to its effects, it must be stopped.

This is not the honest and straightforward presentation of a product. It is coercion, on a national multi-million dollar scale.

Alcohol, An Agent

(Continued from page 78)

drinking is done varies greatly. This fact, in conjunction with the effect of the alcohol on his higher mental faculties, can and does introduce a substantial measure of vulnerability to abnormal behavior, such as excessive drinking.

Since excessive drinkers are disowned both by moderate drinkers and the liquor interests who claim that they are but a small minority of the drinking community, it must be that these moderate drinkers are responsible for the continuation of the practice. They, therefore, are responsible for the alcohol problem.

As the main support to the liquor industry, contributing most largely to its profits, the moderate-drinking custom makes possible the trade propaganda that is constantly creating new generations of drinkers.

Initiating Agencies Of Alcoholism

By Harry S. Warner L.H.D.

ALCOHOLIC DISORDERS generally, even alcoholism, the most serious of all, begin, continue and grow out of the cult of alcoholic pleasure that is found in a substantial part of historic and modern society. The background of this cult maybe seen:

1. In the traditions that have come out of the past. They are found in the United States, in a large part, perhaps more than one-half, of the total population, especially in certain nationality groups and the so-called "upper" groups who have particular influence in prestige and customs.

2. In the current social customs and fashions that initiate, spread and CONTINUE resort to alcoholic satisfaction as something "smart," and desirable culturally.

3. In the economic pressure and advertising that enlarge and intensify the demand for this artificial, drug-induced substitute-satisfaction of human needs.

The drink patterns set up by prestige groups that extol alcohol as a privilege without consideration of social consequences, are probably the most sweeping, far-reaching and continuous source of the various problems of alcohol—including the 4,000,000 "excessive drinkers" and the 750,000 acknowledged alcoholics. For even a neurotic could not become an actual alcoholic without the addition of alcohol to his neuroticism.

In modern society, as the Economist Thorstein Veblen said, "The members of each stratum accept as their ideal of decency the scheme of life in the next stratum above and bend their energies to live up to that ideal."

Thus, dependence on Alcohol is begun, continued and spread by fashion, social custom, prestige, tradition, and

the mores, before anything that can be called habit has time to grow in the individual. Only a few acquire a serious habit quickly—and they are more or less neurotic as beginners. To the great majority, any strong desire or habit of counting on alcohol, comes later, after continued drinking. The alcoholic becomes such only after an average of 15 years of heavy drinking.

But from the first, especially in the early “moderate” years, social influences continue their active pressure. They are the activating agents—the main as well as the initial source in the growth and maturity of inebriety, alcoholism, and at least half of the end-product, the alcoholics.

The Immediate And The Ultimate

In Modern Release Drinking

THE PRESSURE of business life under modern conditions is very great; no time for mid-day meal, no time for rest, and, unfortunately, there is nothing which in certain persons is so rapid in removing a sense of fatigue or feeling of depression as alcohol.

Herein lies the danger, as most men estimate the value of a thing by its immediate and manifest benefits, and seldom stop to weigh the ultimate and maybe permanent disadvantages.

I am always seeing splendid fellows who have either crippled themselves or their future prospects by thoughtlessly indulging in alcohol in early life, or have turned to it to fog a fatigued nervous system into further action. Watch your sleep, as this is the only thing that repairs fatigued nervous tissues, but never rely on alcohol to get sleep. It is the worst form of sedative, for the dose requires to be constantly increased.

—Sir Maurice Craig, mental and brain specialist,
London, England.

The Spreading Drink Cult

ALCOHOLISM is increasing more rapidly among women than among men in the United States, according to a report made to the World Health Organization in Geneva, Switzerland, by Dr. E. M. Jellinek, the first week of October 1954. So far, said Dr. Jellinek, former head of the Yale Center of Alcohol Studies, only one alcoholic out of six in the United States is a woman, but the ratio is creeping up. One possible reason, in addition to the general spread of drinking, is the increased earning power of women. "When women compete with men in the professional field, they tend to adopt some of the outward signs of male culture."

Comparing Crime And Population Growths

CRIME is outstripping population rate of growth 4 to 1. Robberies, larceny, aggravated assault and auto theft were leaders in a jump of all crime averaging 20 per cent since 1950.

Concurrent with this recent report by FBI Director J. Edgar Hoover is the release of a two-year study of drinking behavior and the commission of 882 crimes in Columbus, Ohio, according to an August 9, 1954 release of the American Business Men's Research Foundation of Chicago.

"Cuttings (11 to 1 under the influence of alcohol), the carrying of concealed weapons (8 to 1 under the influence of alcohol), and other assaults (10 to 1 under the influence of alcohol) are definitely crimes of alcoholic influence, even crimes of true intoxication," reports Columbus Police Chemist Lloyd M. Shupe after chemically testing for intoxication the 882 arrested persons.

"Of those who were caught in the City of Columbus,

during the past two years, during or immediately after the commission of a crime, 64 per cent were under the influence of alcohol to such an extent that their inhibitions were reduced," concludes Chemist Shupe.

More Alcoholics In Good Districts Than In Slums

IN AN ADDRESS to the Canadian Conference on Social Work, at Vancouver, B.C., in June, Dr. R. J. Gibbins, of the Alcoholism Research Foundation, Toronto, reported that there are now more alcoholics living in good districts than there are in the slums. As indication, he said that a recent 14 month survey in one Ontario county revealed 698 alcoholics, 60 per cent of whom were skilled or semi skilled workers, white-collar workers, professional men and women, and business executives. Only about six percent were transient or casual workers.

Sweden's Rationing System Repealed

ADULT SWEDES may now buy as much liquor as they wish. The noted Bratt, or personal limited—sales system, established over thirty six years ago to reduce drunkenness by means of a ration card, or *Motbok*, that limited purchases to a certain amount per month, was repealed early in 1954. Admitting that the system had not served to diminish the amount of drinking in the nation, the Minister of Finance said:

"We have found that it is impossible to control misuse

of liquor by legislation. It seems useless to maintain such an elaborate system of control. There is only one way to handle the problem—through education, the old stubborn fight to build up a culture that will exercise its own controls. We must advocate abstinence and educate young people to the dangers of drinking; we must enlist the schools and the teachers in this great endeavour."

Quotes From College Editorial Writers

In the Roberts' Award Series

Drunkenness is probably the most social of all vices, for men do not congregate to steal or murder in the same open way as they do to drink.—Carl Charles, '54, Loyola College, Montreal, Canada, in "Whose Responsibility?"

The road to alcoholism is no super highway. There are some detours, but all who enter it should know beforehand that all roads to alcoholism have a dead end.—Chris Tamson, '54, State Teachers College, Kearney, Nebr., in "The Road to Alcoholism."

Although drink destroys him as it comforts, it is still a friend to the drunk. Taking liquor away and leaving nothing will not solve the drunk's problems.—Sally Ross, '53, Cornell College, Mt. Vernon, Ia., in "Drinking: An Effect."

Alcoholic bliss is only a curtain to hide behind, it covers none of life's real problems. Teach the individual to search for his hidden problems and air them without shame, for problems are only solved through revelation.—Jim E. Mehaffey, '51, Texas College of A. & I., Kingsville, Tex., in "Time of Decision."

I've deliberately refrained from quoting statistics because they just show the degree of intensity and great need for social assistance in the area of excessive drinking. Unless something useful is done with the information revealed by them, they become meaningless mathematical computations.—Raymond L. McNamara, '53, University of Rhode Island, Kingston, R. I., in "Drinking: A Social Responsibility."

The fascination of alcohol lies in the transitional period between the belief that we can lift ourselves by our boot straps, and becoming so inebriated that we never reach the point of trying to lift ourselves.—William E. Brown, '54, Johnson C. Smith University, Charlotte, N. C., in "Social Pressure Against Alcohol."

Society is only as good as the sum of its individuals. Anyone not using his abilities to the utmost, as the alcoholic certainly cannot do, subtracts from the welfare of others.—Elaine L. Hansen, '52, Russell Sage College, Troy, N. Y., in "Mental Attitude, The First Problem of the Alcoholic."

Many people drink in order to help themselves do what they are supposed to do without such help.—Dorothy Warmker, '54, Texas College of A. & I., Kingsville, Tex., in "Drinking As A Social Problem."

If one doesn't take the first drink, he won't have to take the second—Merlin Ackerson, '54 Cornell College, Mt. Vernon, Ia., in "Drinking: Personal or Social Responsibility."

There is darkness, but through the universal knowledge of good, strength, and endurance, the light which is always there can be found.—Estelle T. Martin, '53, Johnson C. Smith University, Charlotte, N. C., in "Individual versus Alcoholism."

Adam and Eve learned too late that freedom comes from obedience to the highest laws men know. If the apple was the downfall of the Biblical Adam, unless moderns take heed of his lesson, its fermented juice may be the downfall of the twentieth-century Adam.—Victor P. Furnish, '52, Cornell College, Mt. Vernon, Ia., in "Under the Influence."

Quotes From Speakers

AT THE INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES OF 1954

THE MAJOR alcohol problem is alcoholic parents, because they upset the basic family unit to which every individual should belong in today's society.

... Robert Straus

FOR EVERY alcoholic twelve people at least are INTIMATELY affected. And there are hundreds of thousands of alcoholics, with twelve times their number thus affected. In the United States this means one-fifth of our people are affected intimately by alcoholics.

... Canon Quinton Warner

ALCOHOLISM is an illness. Treatment is the job not only of trained workers, but of each of us. We can seek scientific knowledge, gain the ability to change condemning attitudes, and search out ways to apply our new ideas in our communities.

... Margaret Cork

A MAJORITY of our alcoholics are not marked by obvious social characteristics. They are in a very real sense hidden in the general population.

... Robert J. Gibbons

THE MAN who uses alcohol as an anesthetic tries to get out of a bottle what he would like to get out of life.

... Wayne W. Womer

ALCOHOLISM is increasing among people who ought to be the backbone of the country. It is frequent among the professions that ought to be leading the nation.

... Albert Johnson

"Basic Information On Alcohol"

By Albion Roy King

Author of "The Psychology of Drunkenness."

THIS 1953 book is just what the title indicates—the first and only publication that puts into one convenient and attractive volume, the fundamental information about alcoholic drink in human living. It is literally a library in 153 pages.

Paper Edition \$1.50; library cloth \$3.00

Intercollegiate Association

12 N. Third St., Columbus 15, Ohio

To The International Student

You are doing a fine work. Here is another check . . .

. . . A former judge of a state Supreme Court.

I enclose a check as a token of my interest in the splendid work of the Intercollegiate Association in its study of the alcohol problem on our campuses and among youth in general.

. . . A former Dean of the University of Missouri.

We wish to congratulate you on the fine progress you are leading in alcohol studies on the campuses of American colleges.

. . . A state Teachers College instructor.

Please accept my congratulations on the splendid investment of your life. It must be a source of great satisfaction to have been able to give such a good account of yourself and to be able to continue to do so.

. . . Irwin J. Lubbers, President, Hopje College, Mich.

It seems the courts have been slow to recognize the scientific finding (effects of small amounts of alcohol), and to accept them as evidence of drinking. A recent case in a neighboring town, Chenoa, found a tavern keeper innocent of drunken driving which had killed three women, although scientific evidence would have found alcohol in the body tissues (he admitted drinking before the accident). The jury accepted the evidence of witnesses who thought the accused sober. Its a long reform to free us from the ravages of ethyl alcohol. You are doing a good work.

. . . Howard W. Adams, Bloomington, Ill.

Quotes from Intercollegiate School — 1954

Using the preaching technique to teach is as unappealing as using the teaching technique to preach. . . . Albion Roy King

The parental pattern disclosed by the survey (Drinking in College) showed that where both parents drank, 92 per cent of the male and 83 per cent of the female students drank. But when both parents were abstainers, only 58 per cent of the male and 23 per cent of the female students drank. . . . Robert Straus.

The background histories of the two greatest "pleasure drugs" of the ages, opium and alcohol, and their use by millions of people for long periods, are not greatly different. The basic urges that prompt men to use them, the sociological needs that they supply, and the social traditions that support them are similar. . . . Harry S. Warner.

It is almost mathematically impossible to drink yourself to death; even the marathon drinker has "hit the floor" by the time the alcohol in his blood has reached .3 per cent. . . . Albion Roy King.

Despite facts and figures published on aspects of American life such as divorce, the American family unit is not disintegrating. There are more people living in family units or starting into family life in the U.S. today than ever before. . . . Robert Straus.

I love my country and my people. I do not want personally to have any part in the custom which is the source of thousands of alcoholics and 12 others who suffer because of each of them. I have a responsibility for life. . . . Canon Quinton Warner.

Just the moment any person begins to solve his problems or to secure delightful satisfactions with the aid of the narcotic (alcohol), that moment he has entered the broad road to addiction. . . . Albion Roy King.

The Sixth Annual Intercollegiate School of Alcohol Studies for college students, leaders of student organizations and younger teachers will be held Aug. 28-Sept. 2, 1955.

Is THERE

A COLLEGE

DRINKING PROBLEM?

THE ROBERTS AWARDS OF 1955

for short editorials—500 to 800 words

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\$900 in scholarships to the Intercollegiate School of Alcohol Studies.	
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Summer of 1955

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THE
INTERNATIONAL

FEBRUARY

1955

STUDENT

-- And Digest of Alcohol Studies

In This Number

New Program of Alcohol
Studies at Millsaps College

To Free Society from
Alcoholic Disorders

A Reporter's Report

Metabolism of Alcohol

University of Toronto, Toronto, Canada

Democracy
is something
deeper than
Liberty; it is
Responsibility"



THE INTERNATIONAL STUDENT

February, 1955

Vol. 52, No. 4

INTERCOLLEGIATE SCHOOL RETURNS TO CANADA

REVERSING A previous decision, the organizing committee of the Intercollegiate School of Alcohol Studies, meeting in Washington, January 28, decided to change the location of the 1955 session to McMaster University, Hamilton, Ontario, and the opening date to August 27. Thus, for the third time this annual international conference of college students goes to Canada where keen new interest in the problem has been growing rapidly at the college and university level in recent years.

This decision withdraws the announcement in the January *International Student* regarding having it this year at Millsaps, in Mississippi—a privilege which those most active in the Association have been anticipating for years, because of the leadership and outstanding accomplishments being taken by that college, and others in the state, in educational activities on the problems of beverage alcohol in human living—the problems to which the Intercollegiate Association gives itself exclusively.

The location at Hamilton, on the campus of McMaster University, in the late summer coolness of Lakes Ontario and Erie, is a most delightful place to use the last days of August in facing the meaning of this great problem, as it confronts present and future generations.

THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, six times a year, in October, November, January, February, April, and May. Subscription, \$1.50 per year; two years \$2.50.

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*An Outstanding
Educational Project*

The New Program Of Alcohol Studies

At Millsaps College

—An Editorial Review

FOR EIGHT YEARS a modern, scientific, and well-integrated program of education on the problems of beverage alcohol has been going through an extended test, and is now in effective operation, among the colleges of Mississippi. Particularly at Millsaps, Jackson, where the program has been continued in two semesters and a summer session each year, this new project has become the most outstanding *at the college level* that has ever been undertaken in North America.

Organized in 1947 by faculty members of Mississippi Southern and Millsaps, and coordinated with the Alcohol and Narcotics division of the State Department of Education, the plan has been in operation for six to eight years in ten colleges, Negro and white, and a graduate course to be offered at the Jackson medical center, jointly by the State University and Millsaps, is now under consideration. Thus, the plan may be regarded as a fully tested, comprehensive program of educational leadership of a type hitherto unknown among the many scientific and educational efforts related to the problems, consequences, traditions, and complexities of the beverage alcohol problem. |

Because of coordinated advance planning, the type of instruction offered, the qualifications required of instructors, the number of colleges participating, the inspiration toward constructive service, and, most significant of all, the growing number of college students who have shared in the class studies and discussions each year, this state has done something that should be more widely

known. Especially should it be better understood in those parts of the United States and Canada where the social tradition of drink and the pressure of liquor advertising interfere with serious educational efforts that are scientific, objective, and at the same time constructive, and that seek to inspire teachers and future leaders of public opinion toward active service.

The 1954-55 Program

This year ten colleges are offering courses, four of them with curriculum credit. All are conducted under accepted college standards; all are well-attended by the students. The first year a course was offered at Millsaps, the response of 74 students to a mere bulletin board announcement completely surprised the professor in charge. That first class was too large so the course was then offered twice a year to make group discussion possible.

In addition, a substantial summer institute of two weeks or more, is conducted each year by Dr. J. B. Price as director. The institute gives particular attention to public school teachers, many of whom return to Jackson each summer for advanced study at the Millsaps-University of Mississippi center.

At present, Millsaps is giving two courses, fall and spring, with curriculum credit integrated in Economics: Dr. J. B. Price, Chemistry, is the instructor. Mississippi Southern, Hattiesburg, with Dr. J. F. Walker as instructor, coordinates the course in the department of Biology. Delta State Teachers College at Cleveland, Prof. Ethel Cain, instructor, relates her winter course to Personal Hygiene. State College for Women, Columbus, Prof. Mildred Spahr in charge, includes the subject in Personal Hygiene, a required course for all students. Mississippi College at Clinton, Mr. R. R. Pearce in charge, integrates the work with Health and Social Studies. Jackson College at Jackson, Mrs. Isabell Lee as instructor, includes the course in Personal Hygiene, also required of all students.

Alcorn College at Alcorn, under Mr. Lewis Green, includes the required course in Personal Hygiene. At Meridian Junior, Meridian, Miss Emma Ruth Corban con-

(Continued on page 104)

*Neither Facts alone—nor
Faith alone—but both.*

To Free Society From Alcoholic Disorders

Condensed from an address to the
Institute of Alcohol Studies, '54

Dean James S. Ferguson
Millsaps College, Jackson, Miss.

A COURSE of this kind, is an effort to combine men's reliance on faith and his reliance on reason. Educators in all ages have had a struggle to reconcile their responsibilities to both of these principles. Faith without reason is superstition. We know of people in the mountains who allow deadly snakes to bite them and expect recovery on account of their intense faith. In the middle ages, when a child died of cholera, the typical attitude was, "It's the Lord's will." Something about that attitude was admirable, yet not many of us would be willing to build our lives around so simple an assertion of faith.

On the other hand, modern man is seeing where reason alone will lead him. If reason is not garnished with faith, and with the desire to help other men, through faith in God and faith that man is worth saving, it becomes an empty force. William G. Pollard, atomic physicist at Oak Ridge, one of the most brilliant young scientists in America, had such a sense of futility about the application of his knowledge that he became miserable. Recently he took orders in the Episcopal Church, that he might talk to America about the emptiness of a purely material life, yet continuing his work as an automic physicist.

He singled out for special attention the belief that man's mentality is going to solve all problems. In a speech recently, he said:

"Consider the student who enters modern agriculture. As soon as he starts work . . . he will become inextricably involved in the cool and dispassionate mood and outlook represented by our modern 'sound practices' of land and crop management. The good earth will be torn apart by giant machines, analyzed, chemically treated, and pushed to its greatest limit of production until he may come to feel that it cries out to him for compassion, rest, and relief. Animals will be lined up like machines, bred like mechanisms, and then pushed to ever higher levels of production. If he develops a strange uneasiness and deep anxiety over this loveless exploitation of God's good earth and creatures, he will find himself trapped in a terrible predicament. Even as his soul longs to return to a warmer and more living relationship to the land, he will come to recognize that the result of doing so would be economic disaster for him."

No one, I think, has displayed more vividly the sterility of man's application of mind for the sake of efficiency alone.

So this study of the problems of alcoholism, or alcohol and society, is an effort to blend faith in God and man's rationalism in the finest sense of the word. Too often in the past people have believed that faith is automatically going to solve them; that if a man has the right faith he is going to resist the temptations of alcohol, and that therefore society itself will be free from the alcohol problem. But man has within his own resources a God-given mentality that will enable him to arrive at the facts concerning these problems with a sense of reliance upon these facts.

As long as those who study the problems of alcohol and society proceed upon the recognition of the worth of every individual—of the value of the alcoholic, no matter how low he might have sunk in his inability to control his action; so long as man puts his trust in the abilities that God has given him, there is reason for faith in the ultimate triumph of man over this one of his major problems.

*The Tavern Reveals
Its Cultural Level*

A Reporter's Report

On Youth and Alcohol

By Tom Powers
in the Chicago Tribune

GAMBLING AND vice are two of the pitfalls awaiting thirsty teen-agers who flock to country towns in search of taverns catering to kid drinkers. A Tribune reporter found slot machines and dice games separating the kids from the money they have earned or obtained from their elders. One such place was in Northfield township. Seventy-five cars were parked around it—a dozen filled with neckers.

Inside the place business was booming. Drinkers, many of them young, crowded the bar. Girls of the bobby-sox class held their escorts' highballs while the males plunked dimes and quarters into slot machines.

Gamble with Dice

Young men crowded around a dice girl playing a game called "Beat the Dice Girl." There was no maximum on bets; the minimum was 50 cents.

There was dancing in a poorly lighted room nearby. A group of boys at the end of the bar were getting information from an older man who was plugging a private club operating a house of prostitution in Leyden township.

It was evident that the kids made profitable business for the taverns—profitable enough to persuade authorities to ignore violations of gambling laws and the requirement that males be 21 and females 18 to buy alcoholic drinks. A survey by a Tribune reporter found more teenage drinking in places in unincorporated areas than in Chicago and suburbs.

Used by permission from *The Chicago Tribune*, November 10, 1954.
February, 1955

Drink Highballs

In another part of Northfield, a gang of teenagers was found in another tavern. They drank highballs and beer while waiting to get at two slot machines, two pay-off pinball machines, and a dice table.

Two taverns in the "late-late" class were visited. One in Hanover township had the larger proportion of young drinkers when it closed down at 6 a.m. Sunday. In addition to dice, the establishment offered a console horse race slot machine on which \$1.75 can be spent in a single play.

About 150 persons, including more than 50 who evidently were in their teens, were found in a tavern in Norwood Park township at about the same time.

All Night Dice Game

Diversions there included two slot machines and a long table at which a dice girl, holding a fistful of currency, supervised a crap game. The game ended at 7 a.m. and patrons were shooed out at 7:30 to allow janitors to sweep up.

A dozen young teenagers mingled with old and young men in a notorious "stag" bar in Leyden township. More than 250 men in this bar held hands and swayed as they sang folk songs led by a buxom brunette vocalist, the only woman in the place.

New Program of Alcohol Studies

(Continued from page 99)

ducts the course in Sociology, and both Hinds Junior at Raymond, Mr. Frank Young, instructor, and Holmes Junior at Goodman, Miss Dorothy Thomas, instructor, give the subject attention in their programs on Health.

Thus, a comprehensive system of coordinated education on the influence of alcohol and related problems in human living has been growing in acceptance and dignity through the working programs of the colleges and high schools of the whole state of Mississippi. Naturally the results are bound to count in the thinking and attitudes of the civic and social leaders of the future.

The Metabolism Of Alcohol

Condensed from a lecture
at the Millsaps Institute of 1954

Dr. J. B. Price

SO FAR AS CHEMISTRY is concerned, alcohol is no problem. It is a good thing; we could not get along without it. Since it is a problem to society, we have to consider it from other angles. But it is necessary, also, to know what it is.

The name "alcohol" is a family name. There are several hundred alcohols. I have brought a few for you to see; here is ethyl, the one we are talking about. We buy it in large quantities in the laboratory for scientific use, without tax, at \$1.00 per gallon. It costs a drug store \$20.00 a gallon for use in prescriptions.

We don't know when ethyl was discovered; we do know it was in antiquity. All over the world excavations have shown that ethyl alcohol has been in use a long time. Different primitive peoples have discovered it independently of each other—peoples on different islands with no means of communication between them. All they had in common was some knowledge of agriculture.

Among our ancestors those who used grapes, had left-over juice that tasted different, had an effect, after a time. Chemists later found the reason: that there are in the air little yeast plants that are able to convert sugar into alcohol and carbon-dioxide. This takes place without any other chemical treatment. That is why, from earliest times,

Dr. J. B. Price, Professor of Chemistry, Millsaps College, Jackson, Miss., is Director of the Summer Institute of Alcohol Studies, at Millsaps a position he has held for four or more years. This Institute, for teachers, community leader and students, offering college credit, has become an out-standing source of education on the Alcohol Problem.

grapes have been used to make alcoholic beverages. Nature has everything in the air to take care of the chemical process.

Later, man learned to make alcohol out of starches, of which there are many more than there are sugars. All grains, corn, rye, oats, wheat, barley, rice, as well as potatoes, contain starch that can be converted into simple sugar. Diatase is the ferment produced naturally in grains to convert starch into sugar so that the plant can use it after germination. Discovering this process man uses it in making alcoholic beverages. He lets barley sprout, then kills the little plant and squeezes out the diatase, which will convert the starch into sugar. Beer, made this way, has been known for centuries. Wine, fermented from fruit, has probably been known longer.

The simplest alcoholic beverage that can be made is wine. Under natural processes, the alcohol content in it will reach 14 to 16 percent before fermentation ceases. For commercial purposes alcohol is added to make it stronger, usually 20 to 21 percent; this is called "fortified wine." Distilling wine yields brandy with an alcohol content of 40 to 50 percent by volume. The process of distillation is very old, dating from the 13th century. The most common form in which alcohol is used as a beverage, beer, known, sometimes, as "the beverage of moderation," is made from grain. The grain is made into a broth, treated with diatase to convert the starch into sugar, then fermented with yeast until the alcohol content is 3.5 to 4.5 percent. Then the fermenting process is stopped and the beer bottled. When beer is distilled, whisky is the result, with an alcohol content of 40 to 50 percent. Gin, used at first only for medicine, is made by soaking alcohol with juniper berries and herbs of different kinds which contain essential oils, then distilling. It was thought to cure many kinds of diseases. Rum, with about the same alcohol content as whisky and gin, is a distilled beverage made from beer and molasses. It is made in countries where they have much sugar.

Ethyl—and Other—Alcohols

Ethyl alcohol is used in making many useful articles; in fact, the greater part of the total amount produced is used for purposes other than the making of alcoholic beverages. Methyl alcohol is very intoxicating; it is sometimes used by compulsive drinkers who can't get ethyl. It keeps a man drunk much longer, since the liver does not have the proper enzymes for its oxidation. Propyl is intoxicating, but does not smell or taste as pleasant as ethyl. The same is true of amyl alcohol.

Chemical Views of Alcohol

In a vest pocket dictionary certain related words may have the same meaning, but in a large dictionary they will have slightly different meanings. This is the case with the terms: sedative, hypnotic, narcotic, analgesic, and anesthetic.

- Sedative, a drug which will relieve nervous tensions, has a quieting effect, produces calmness.

- Hypnotic, a drug that promotes sleep without first inducing intoxication.

- Narcotic, a drug that produces relief from pain, accompanied by deep sleep or stupor. In small doses pain may be relieved without sleep. Morphine and other alkaloids are examples.

- Analgesic, a drug that relieves pain without producing sleep; it has little effect in relieving tensions: Aspirin is an example.

- An Anesthetic produces a progressive, descending depression of the central nervous system, a peculiar and definite characteristic. It starts with the higher centers of the brain, those concerned with judgment, self-control, and inhibitions, then goes down, affecting the central nervous system in a descending order. The first part of your brain that was developed when you were born is the last part affected by an anesthetic. In general, an anesthetic has the characteristics of the others—sedative, narcotic, hypnotic, and analgesic. Alcohol belongs in the class of anesthetics.

Alcohol and ether are anesthetics. Ether is of recent discovery; many gruesome operations were performed

when the only anesthetic was wine. People go under the effect of ether in much the same way as they succumb to alcohol. There is a progressive depression of the central nervous system, starting at the top. Remember, like ether, *alcohol is an anesthetic.*

What The Body Does To Alcohol

For the record, alcohol is a food. I don't say it is a good food, but it yields energy. The three main foods are proteins, fats, and carbohydrates. Protein is changed by the digestive process into amino acids and absorbed as such. When they get into the blood stream, these amino acids are turned back into protein and used for building material.

Fats and carbohydrates are used as fuel foods, for giving energy to the body. When the body needs energy between meals, some of the fats that have gathered around the middle or other parts of the body are burned. In this burning process, you have heat given off — heat energy which we have to do our work. Alcohol comes under this classification also: It gives energy to the body when it is burned and the body burns it to carbon dioxide and water.

Alcohol is absorbed into the blood stream directly from the stomach and is absorbed without any kind of digestion or change in the structure of the molecules. About $1/3$ is absorbed in the stomach and $2/3$ in the small intestine. The proportions vary a little from one individual to another. In this process of absorption, alcohol passes through the thin lining of the stomach to small capillaries. These lead into the portal vein, which goes directly to the liver. The capillaries around the small intestine also lead to the portal vein and eventually to the liver.

The process of oxidation, or the breaking down of alcohol, starts in the liver, not anywhere else. In the first step, alcohol is converted to acetaldehyde. Anywhere else in the body, the acetaldehyde can be changed to carbon dioxide and water. Absorption varies in speed in relation to the contents of the stomach. Absorption is quicker on an empty stomach.

When absorption is faster than this breakdown process in the liver, some of the alcohol gets into the blood

stream before oxidation starts. This is the alcohol which intoxicates. In countries where some people sip their wine slowly along with meals, no unaltered alcohol may get out of the liver into the blood; hence none of the effects we associate with intoxication are observed. Cocktails before meals give a "kick" because the alcohol enters the blood stream before oxidation takes place. Absorption depends also on the emotional state of the person, the type of beverage, and other factors. For instance, gin and whiskey are absorbed more quickly than wine or beer, because the latter contain carbohydrate material which help fill the stomach.

This process of oxidation is fairly constant in every person, regardless of what he may do to step it up. Most people will oxidate about $\frac{3}{4}$ of an ounce per hour. Physical exercise makes little difference: you can't increase the speed by anything you do.

Alcohol cannot be stored like fats and carbohydrates. It is used up continually by the process described above. When the body is using alcohol for energy, other foods are being stored in various places around the body. Heavy drinkers obtain many of their calories from alcohol, which contains no vitamins; therefore they soon develop food deficiencies. Why not eat a lot of different foods and drink liquor too? You would get fat; the body uses only the calories needed for food and stores the rest. As a rule, though, the heavy drinker is not going to eat heavily since over a long period of drinking he may have gastric troubles which cause him to eat less than enough.

Alcohol does not break down the organs of the body as often erroneously supposed in past years. But drinking straight whiskey will sometimes cause irritation of the throat or stomach lining. Another erroneous idea is that alcohol has a dehydrating effect on the body. It never gets into the blood strong enough to dehydrate. Why, then, is extreme thirst such a part of a hangover? There is a balance between the water in the cells and in the fluid of the blood. A great deal of drinking makes a shift of the water from cells to the fluid around the cells and perhaps this is what makes one thirsty. The emotional fac-

tors connected with hangovers may also cause thirst, as well as the fact that during heavy drinking persons don't drink other fluids, so need them when the drinking is over.

By way of review: Four different things take place when alcohol enters the body: (1) dilution in the mouth, stomach and blood; (2) absorption, which begins in the stomach, (this is peculiar to alcohol); (3) distribution to all parts of the body; (4) oxidation, changing alcohol to two substances that are harmless, carbon dioxide and water. (This is the means of removing alcohol from the body.) Alcohol is one of the few chemical substances other than foods that will give energy to the body. Intoxication is caused by that part of the alcohol which has not been oxidized. In other words, oxidation starts after absorption begins.

What Alcohol Does to the Body

The human body is made up of many types of cells, each type forming a system that performs a function that is essential to life; the taking of food, circulation, elimination, reproduction, and many others. These systems depend greatly on each other. When one type of cell is impaired, injury follows often to the functioning of other types. It can be shown, however, that ethyl alcohol, taken in small amounts, does not permanently impair any of these systems. The effect of alcohol on the different parts of the body is purely functional. *The parts affected do not perform* as they should while alcohol is in the blood. But no organic change has occurred. As soon as the alcohol is removed by oxidation, the parts perform as they did before it was taken.

To this usual action, however, there is an exception — the case of the person who has become dependent on alcohol or has been drinking over a long period, during which irritation to the lining of the stomach has developed. In addition, strong solutions of alcohol, taken frequently, may irritate the vocal cords causing the drinker to talk in the so-called "whiskey tenor." These are organic changes; other impairments of the body are functional and not permanent.

In the many divisions of labor that occur in bodily functioning, the brain is the center of control. When people can't walk because they are deeply intoxicated, it is not because of the muscles of the leg; it is because the part of the brain which controls the muscles is impaired. The headquarters of the control system is out of commission.

It has been said in the past that alcohol dehydrates the cells of the brain, dissolves brain tissue. It is now known that alcohol in the blood never reaches a concentration of more than 0.5 per cent — an amount far too low to cause a dehydrating effect. It is almost impossible to drink enough alcohol at one time to cause death because unconsciousness occurs before that part of the brain is paralyzed which controls breathing. Another action in the stomach that terminates in vomiting also rids the body of much alcohol.

The drinking of alcohol in small amounts does not cause much damage to the organs. Its physiological effects are not the occasion of worry. Rather, *the reason alcohol is dangerous* is that it affects human behavior, the centers that control human behavior.

The brain develops from the bottom up: First, the functions of breathing and simple motion. Then the co-ordination of muscles. Last, that part of the brain that controls the judgment center — the part that distinguishes man from the animals. When alcohol is taken, its anesthetic effects apply *first* to this creative part of the brain that was developed last in human evolution.

*The driver is safer when the roads are dry.
The roads are safer when the driver is dry.*

DRINKING HINDERS THINKING

The Journal of the American Medical Association offers the following advice to those inclined to drink:

"If soon you have to do sharp thinking, You'd better not do any drinking."

A recent Journal article suggested that, if you have anything important to do, this advice applies to you.

... Even a man with everything from the material standpoint, a man with tremendous pride and will-power to function in all ordinary circumstances, can become an alcoholic and find himself as hopeless as the man who has a multitude of worries and troubles."—*Alcoholics Anonymous* in "The Alcoholics' Review," May, 1953.

Recent Books On The Alcohol Problem

A Selected List of Basic Information

Basic Information on Alcohol, by Albion Roy King. This new book is just what the title indicates — the first and only publication that puts into one convenient and attractive volume the fundamental information about alcoholic drink in human living.

153 pages: popular edition, \$1.50.

The Liquor Cult and Its Culture, by Harry S. Warner. An all-over study that seeks to popularize and make available to the student and the reader the basic scientific information about alcohol in modern society and personal living. It develops a philosophy for *permanent constructive* effort toward solution of the larger social problem. The writer is author of *Social Welfare and the Liquor Problem*, 7 editions. Price: cloth \$1.35.

Abridged Lectures, Yale School of Alcohol Studies, first session. The basic scientific information condensed in popular, non-technical language. Lectures by leading psychologists, physiologists, sociologists, health authorities of the problem as understood today.

110 pages; price 50 cents.

Alcohol Talks from the Laboratory, by Howard F. Hamlin, Director of Health and Narcotic Instruction, Ohio State Board of Education. From the scientific laboratory, Alcohol, personified, tells the truth about himself. Price 25 cents.

THE FOUR IN ONE ORDER: \$3.50

Intercollegiate Association, Room 522

12 North 3rd Street, Columbus 15, Ohio

THE
INTERNATIONAL



APRIL
1955

STUDENT

-- And Digest of Alcohol Studies

In This Number

Announcement of the Intercollegiate
School of 1955

A Modern Approach to the
Problems of Alcohol

Students Review the School of 1954

A Necessary "New Look"

McMaster University
University Hall, Hamilton, Ont.



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THE INTERNATIONAL STUDENT

April, 1955

Vol. 52, No. 5

McMASTERS UNIVERSITY'S OFFER

To the Intercollegiate School of 1954

NO MORE delightful and convenient location in the eastern states and provinces could be found, for the International Intercollegiate School of Alcohol Studies, this year in its sixth annual session, than the one offered by McMaster University and the City of Hamilton, Ontario.

Located at the western point of Lake Ontario and nearly surrounded by water, this Canadian university center is at once highly cultural, typically North American, historical and interesting for travel as well as study purposes. Going or returning—or both—students will have a choice of two lake-circling tours, one of Erie, one of Ontario, both offering unlimited “stop-overs” at both the School and Niagara Falls, and there are also the lake trips.

McMaster University, consists of University College, the arts college; the Divinity School; and Hamilton College, an affiliate that gives particular attention to Physics, Chemistry and other sciences.

With the best of modern buildings the campus borders the extensive parklands of the Royal Botanical Gardens.

THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, six times a year, in October, November, January, February, April, and May. Subscription, \$1.50 per year; two years \$2.50.

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A Modern Approach To The Problems Of Alcohol

By Harry S. Warner

SEEKING TO BE TRUE and effective in understanding the beverage alcohol problem and its many sub-problems, it seems necessary, these quick-changing years, to be more realistic and less idealistic than in the past.

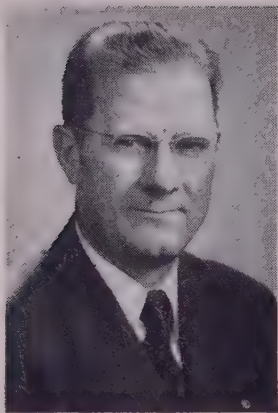
For, to face with utter frankness the rough facts of today, the experience of a half-century, and the growing knowledge from scientific research and practical observation, is to make these resources available toward actual accomplishment of the ideal itself. By thinking through anew the problem as a whole, and how it came to be what it is, the road or roads to "a better day" will stand out more clearly.

Parallel Movements

In the greatest of all world movements in which we are now living, the one that is seeking through the United Nations to free the world of war, the very pressure of the crisis hour and the conflicting aims of great nations are forcing statesmen and the politically-minded to work together with gruelling persistence. They are profiting from the earlier attempt to form the League of Nations; they are reducing age-old prejudices and fears. And they are learning the democratic processes that make for the eventual unity of peoples.

Thereby, they are creating **something that never before existed**, a basic pattern of cooperation in which justice and peace can be built.

But the vision of "a better day," when nations will counsel for what they need instead of going to war for it; when men of different color will live and work to-



Dr. Albion Roy King

A DAILY SPEAKER and discussion leader at the Intercollegiate School of Alcohol Studies at McMaster University, beginning August 27, is Dr. Albion Roy King, Ph.D., Professor of Philosophy, Cornell College, Ia., and newly elected President of the Intercollegiate Association.

Dr. King is known internationally as an objective, scientific, yet realistic, thinker on alcohol and drinking problems with particular reference to ethical and personality backgrounds. In recent months he has lectured and led discussions at Miami University, Dickinson, Monmouth, Muskingum, Tarkio, Sterling, Union and Tenn. Wesleyan Colleges and Virginia Polytechnical Institute. He is author of the recent book, *"Basic Information on Alcohol."*

gether without discrimination; when individuals and groups are free from the social tradition that causes many millions to disturb the functioning of their brain centers to obtain pleasure and release—even the vision of such far-flung ideals stands out more clearly in the light of the great changes in human living now occurring.

Procedure for Today

Under an approach that is as frank and realistic as those we employ when facing the questions of international peace and interracial relations, and the hard necessity of early advance in working them out in the democratic spirit of "give and take" which ripens citizens for intelligent action, we who are disturbed about the devastating evidence of alcoholism may gain new understanding from the accumulated scientific knowledge and vast experience of the past half-century. We may now seek the sources of this problem, the reasons for its persistence, its excesses and complications. And we should now begin a program that will incorporate the results of both experience and research and reach all the sources of the problem. Such a program is now necessary, as public opinion turns renewed attention to the sharp evidence of alcoholism today.

DURING THE past four years, Rev. John Linton, A.M., a leading lecturer at the coming Intercollegiate School and Vice President of the Association, has opened a new approach and program in the colleges of Canada, that is particularly objective. In three across-continent tours, he has won the cooperation of executives, instructors and students alike.

In recent months he has lectured and led conferences in Alberta and St. Stephens Colleges, Edmonton; University of British Columbia, Union College and the Normal School, Vancouver; University of Manitoba, Winnipeg; Trinity, Emmanuel, Knox, and Wycliffe Colleges at the University of Toronto; and Pine Hill Divinity Hall, Halifax.



Rev. John Linton, M.A.

The Situation "As Is"

Realistically, after a hundred and fifty years of earnest experimentation, after great surges of public sentiment that demanded solution have been followed by other surges toward loosened control and drunkenness, the problem of alcohol is here in force, more complicated than ever in history, obvious, obtrusive. The excesses of drink are outstanding; the spread of social drink is increasing; the cocktail hour is a social "must."

The initiating of drink habits among youth goes on unchecked. The transfer of drinkers into alcoholics is aided, not retarded, by social custom. Jails are overcrowded with repeating drunks; emotional and mental disturbances associated with alcohol are increasing. The heavy reality of the "alcohol sick"—963,000 alcoholics and 3,000,000 approaching alcoholism, approximately 4,000,000—is a gigantic fact in public ill health. The cost to industry from lost time and in taxes to the public in caring for drunkenness is never-ending. These trends make the beverage alcohol problem one of supreme importance.

As individuals and groups come to depend upon al-

cohol for the sort of "joy" it gives, the number of those who become its ultimate victims—addicts and inebriates—is also increased. Heavy drinking and its results have been cumulative in the past; there is no reason to believe this will not happen again.

Renewed Questioning

Confused by the contradictory situation of today, that one-third of the public wholly rejects the alcohol custom while two-thirds accept it in minor, regular, or heavy degrees, many otherwise thoughtful people are tired of the whole subject. They call it "hooey", a dog-fight of fanatics and profit seekers, and let it go at that. They are not willing even to "sit in the bleachers" and watch the fight.

Yet back of this disgust they see the tragic accidents on the highway, the "problem drinker," the alcoholic in the home, neglected children, and the heavy loss of time by alcoholics in industry. They **are** concerned. They ask how they can make an intelligent decision; they want to know what is back of the conflicting realities and propaganda on every hand. They appreciate that neither an emotional drive nor a bored mask of indifference can be justified toward this red-hot issue.

In appealing to the public, the real "bleachers," much depends on the way it is done. The following reasons and principles based upon modern scientific understanding, are vital in answering the questioning now going on:

1. **Seek the truth fearlessly, wherever it may be found, wherever it may lead. A willingness to accept well-established knowledge, to add new understandings as they come from research, experience and faith in the future, and to act accordingly, is fundamental in dealing with beverage alcohol problems, as elsewhere in this age of science and realism.**

Knowledge regarding alcohol and alcoholic culture, especially the results of recent research, is not well known. The unfortunate, often degrading, incidents of heavy drinking are obvious—personal drunkenness and social end-products. But information, including sources, motives, and long-range results are relatively unknown or ignored

by a great majority of those who drink because it is customary. The basic problems of alcohol are not adequately understood by either critics or supporters of the cult; both tend to accept just those facts and interpretations that fit their viewpoints. Public information is even more limited, slanted, or infused with propaganda.

Disillusioned, most younger people of today and many who are older want factual information only—objective, scientific, social, medical, and historical. They want to know what lies back of the controversy; why people differ so greatly about alcohol as they do. They want the understanding that already is abundant and available to educators and leaders. They are ready to accept a realistic and longer view of the whole problem.

Growing Knowledge

2. Keep understanding and procedures in education and constructive activities accurate and in accord with developments in research. Know and use the best that experience and scientific study have to offer.

"Science cannot solve the alcohol problem," said Dr. E. M. Jellinek, of Yale, new Consultant in the World Health Organization, "but science can help." A scientific explanation of the many sources and complications of the alcohol tradition, its relation to other problems in personality and social living, opens the way to programs of education, prevention, and rehabilitation that are substantially founded. This approach centers attention on the essentials and helps to avoid wasted efforts.

A constant seeking and checking of knowledge of the problem and the discarding of unproved and disproved ideas, even those formerly regarded as scientific, is necessary to keep the working information in practical use, as up to date, and as accurate as is done in medicine, engineering, and aviation.

For example, in the temperance activities of the past, stress was laid on the effects of alcohol on the body, its organs, and their structure; cells, heart, stomach. Today scientific inquiry has gone farther. It finds that only after long or heavy drinking, ordinarily, do organic injuries

occur. But it also finds that from the very first drink and from small amounts, the mind and its functioning are disturbed, anesthetized, put out of balance.

This is a most significant fact for the effectiveness of the central nervous system is what distinguishes man from beast. It is man's capacity to judge, to discriminate, to act intelligently, and to have spiritual capacities that are seriously affected by alcohol.

The Drink Tradition

3. Recognize and take into account, as a source and occasion of all alcohol problems, the social tradition that supports the use of alcohol as desirable for what it gives—or seems to give.

The custom of using this "pleasure substance" and of finding satisfaction and release from tensions by means of it comes by unbroken tradition from the childhood age of the human race. It is found among practically all peoples, civilized and retarded. It is approved by many in high cultural and prestige positions and by a majority of the lower and middle classes in most countries.

The assumption that alcohol is desirable and the practice of counting on it come into each new generation from the culture into which children are born. Alcoholic satisfaction is found in the mores of the masses and the customs of the classes of a considerable part of the social heritage. But should it not be brought to face present-day realities? Can it withstand analysis and criticism? Can it free itself of the personal and social excesses and burdens that are found wherever alcohol is widely used?

Historically this source is the taproot. It should have a large and meaningful place in public education, reform movements, and other programs that seek regulation, control—social and civic—and ultimate solution.

The Alcoholic, A Sick Person

4. The new medical designation of the alcoholic as "sick" and his alcoholism as a sickness, arouse a new sense of concern about drunkenness and of hope because of the great advances being made in public health today.

Many men and women who are now alcoholics or on

the way to heavy drinking have personal traits, emotional instabilities, or deep feelings of inadequacy. They are unable to face many of the demands of daily living. Consequently they are more susceptible to alcohol than the average person. But many others—the majority of all addicts and inebriates—have become what they are as a result of their many years of heavy social drinking. By these two routes come all the alcohol-sick. They need care and treatment, not punishment as violators of the code of their group.

It has been estimated that of the 950,000 alcoholics in the United States, 40 per cent are such because of personality deficiencies; that 60 per cent have reached this stage through years of so-called moderate drinking. Probably a similar ratio prevails among the 4,000,000 inebriates.

That alcoholism is a plague to human health is a scientific conception of recent years. It is one of the four greatest health plagues. The antics of an intoxicated person cannot be taken lightly as a mere expression of immorality, a misdemeanor to be ended by a night in jail. Often his conduct is the outward expression of serious inner conditions that mark him as mentally and emotionally, if not physically, ill. For his care the understanding and service of an expert are required—those of the A.A., who understand him, the physician, the psychiatrist, the trained minister. But a re-educated community, family, and public may aid by changing their punitive attitudes to cooperative ones, by making provision for sending the frequent drunk to a sanitarium, by giving him a chance to come back by the route of abstinence, which for him is absolutely essential.

Meaning of Public Health Approach

5. Recognizing alcoholism as a matter of health, and the alcoholic and excessive drinkers as emotionally, mentally, and sometimes physically ill, gives the problem a decisive place in public health. It is no longer one of intemperance. As a subject of public health it demands and is receiving a more positive status in public attention.

"With tuberculosis, cancer, syphilis, mental disease, and

polio receiving competent and intelligent medical attention,' said Dr. Winifred Overholzer, St. Elizabeth's Hospital, Washington. "we now have alcoholism as the greatest public health problem of the present time that is not being systematically attacked."

Of the patients reported, the 950,000 alcoholics may be compared roughly with the half-million each of tubercular and cancerous patients in this country at one time. "The rich and the poor, the highly intellectual and the ignorant, the frail and the robust, the shy and the apparently bold, the worried and the seemingly carefree, all furnish their quota of inebriates," wrote a leading psychiatrist.

Most vital is the effect of alcohol on the functioning of the central nervous system. Even before such indulgence as is popularly called "excessive", mental activities are depressed to a degree that cannot be called healthy. In advanced cases, it is to the hospitals for mental disorders and the sanitariums that shield wealthy inebriates that we look for the final results of alcoholic culture, as well as to the continuous stream of repeating drunks into the police courts.

This illness must be studied and treated now as are other great scourges to health; its sources sought, its distributing centers discovered, its "carriers" identified, its prevention and cure undertaken scientifically on similar lines.

Community Sources

6. To seek and identify the various sources from which alcoholic disorders come and the communities in which they are frequently found has a necessary place in sociological study.

Irritations from overcrowded living, miseries of city slums, neglected and mistreated child life, run-down rooming sections, increased tension in ordinary daily living, and a hundred similar factors are contributing sources to alcoholic release, heavy indulgence, and matured "alcoholic sickness". Their shares in the liquor picture of today dare not be overlooked.

But many great improvements have been made, real sociological reforms accomplished. Sources of infection

that spread sickness have yielded to community sanitation and preventive medicine. So may the corresponding agencies that initiate and develop alcoholic illness, although it is in no sense a germ disease, be sought out, studied, identified, made non-toxic or eliminated.

Those sources that are of personality, heredity, childhood neglect or similar origin will require the aid of an expert—a doctor, minister, or social worker—and also community improvement, more playgrounds, and better incomes. But those that are of cultural origin, group practices, economic enlargement, in addition, call for changes in public attitudes, for **intelligent and concerned public opinion**. Legal restriction and removal will be required when education and health measures are found to be insufficient. For the right and power of the people to protect themselves from the means to alcoholism, intoxicating liquor, and its community consequences, have been tested and fully established by the highest courts of America.

Social Prestige Patterns

7. Examine frankly the influence of the social patterns set by those groups that extol as a privilege, without concern as to consequences, the traditional drink customs of polite society.

For without their knowing, these customs and sanctions spread out from the prestige groups by imitation to all those who seek to climb to similar positions of influence and higher income. Broadcast nightly to the millions and millions over television and radio, movies and glamorous trade advertising, this drink culture becomes a vast sifting process that initiates, then keeps many in the way of drunkenness until alcoholism is developed. And its appeal is particularly strong to the many of lesser personality who feel that they, too, must follow the sense-gratifying patterns thus given high endorsement.

In modern society, as the economist Thorstein Veblen said, "the members of each stratum accept as their ideal of decency the scheme of life in vogue in the next stratum, and bend their energies to live up to that ideal."

Is it not, then a basic part of the modern approach to the alcohol problem that influential social leaders become aware of their responsibility for the practices that result in disaster to millions—those very millions who because of their limitations, unhappiness, and personal deficiencies feel most keenly a need for that which alcohol seems to give.

Why should fashionable drinking not be examined—that at formal dinners, alumni banquets, businessmen's clubs, political dinners in state and national capitals; the cocktail parties, after-dinner customs of the socially elite. Why not evaluate these customs in the light of scientific knowledge, social psychology, and ordinary observation of how they influence the lives of the unthinking persons who, more or less consciously, follow the fashions of the "privileged". Why not analyze realistically the culture and literature that has grown close about the milder stages of intoxication as a pleasure, around expensive ancient and modern wines as a means of celebration, ceremony, and conviviality.

Initiating Centers

8. The part that customs and fashion play in creating occasions of frequent or heavy indulgence, and the perennial crop of inebriates that follow, is basic in study of the **total alcohol problem.**

Practically all drinkers, moderate and excessive alike, even the addict whose personal inadequacy is his chief trouble, had their beginnings in a social group in youth. For many in the accepted drink culture of various nationalities and social inheritances, this is the home. For others, the initiating influence is usually a social group; the motive—to do as is expected, **not to be different**, a "wet blanket". These are the starting points of moderate and heavy drinkers alike. Thus youth of all degrees of susceptibility, all shades of mental and emotional makeup "problem children", and children without such problems, are encouraged to enjoy beverage alcohol, find release in it, count on it, personally and for party entertainment, until without knowledge of what is happening, a sense of

dependence upon it has been established.

For some at all levels of daily living, this habit of looking to alcohol for what it gives is not or cannot be broken until a stage is reached that requires the aid of a specialist. In every group, of course, there are many who are not appreciably affected, but the number that are is serious. As a sifting-out process of those who are susceptible to alcoholic excess, the customs of a community constitute a fundamental source of the problem.

The distributors of alcoholic desires, therefore, the "carriers" of the illness to those of little or no resistance, are the drink customs, social drinkers, and the group approvals back of them. They spread among those who are susceptible the peculiar desire, which for many individuals in every generation, quickly or slowly, becomes dominant over the desire for food, clothing, family, and self-respect—as vividly seen in "The Lost Weekend".

Popularizing This Source of Illness

9. Examine the newspaper, magazine, radio, and television advertising of today and its selective effect in sifting out and starting toward excess those who are immature, emotionally disturbed, over-tensioned; those who become the "alcoholic sick" more quickly than the average.

The modern recognition of inebriety and alcoholism as a form of illness and its treatment as a problem of health raise new questions regarding the present unlimited distribution of alcoholic beverages as an industry. Medical men, health agencies, psychiatrists, and the A.A. are effectively challenging this disease. They are making great progress. But parallel with this effective service, the use of alcohol is continuously widened by trade promotion. Brilliantly-written, glamorous, high-paid advertising continuously initiates and expands consumption among all conditions of people. Unavoidably the spread includes those who are most susceptible and those who at any later period of life become susceptible to this fourth greatest scourge to health.

In effect, the liquor advertising of today is picking out

potential alcoholics more rapidly in all probability than all present health, A.A., and other measures are able to rehabilitate them. This revolving market-creating system tends to counteract all constructive and preventive efforts. Its impact on those whose inexperience lead them quickly into heavy drinking is continuous. Thus it serves as a "carrier" of alcoholic sickness.

In other health measures, preventive medicine seeks to quarantine or eliminate the sources of infection. It has tagged the fly, the mosquito, impure water, tainted milk and meat, and the floating germs of colds. These carriers have been identified, isolated, and as far as possible eliminated. Typhoid fever, prevalent a generation ago, has been wiped out. But the essential factor in drunkenness and alcoholic sickness is continuously popularized, advertised, and promoted.

Profit-seeking as Source

10. That a great commercial traffic is supplying unlimited quantities of a brain-disturbing article for pleasure purposes is a fact that need not be ignored. It is obvious.

The industry exists, of course, because of the demand of those who want alcoholic drink. Yet, this traffic by spending \$250,000,000 in advertising a year, is an obstructive factor in the new health approach, as it was in the moral, emotional, and legal emphases of the past half-century.

To underestimate the promotional power of organized liquor would be unrealistic. To its advertising, economic, and political appeals, the public must be realistic, not gullible. To counteract such influence in a democracy of free speech, vast public discussion, counter-propaganda and basic education are fundamental to any and all other efforts. Legislative and other legal steps remain as heretofore, a part of any large program of procedure.

It cannot be assumed that this problem will be solved without the aid of laws adopted and supported by a large majority opinion in each community. For the depressive action of alcohol in the nervous system, its anesthetizing of the higher centers of the brain, and the progressive

stages of intoxication resulting, create a market for alcohol that is powerful and continuous in its economic appeal. To a large part of every drinking population, the traffic thus becomes a business in the exploitation of tensions, fears, inferiorities, and excesses of many kinds.

Constructive Leadership to Identify Sources

11. There is a place of particular privilege open to strong and socially stabilized men and women in the Modern Approach. It is to choose for themselves the personal and social attitudes that accord with the natural way of life, and to lead the culture of today in freeing itself from the sources of alcoholism.

Responsible citizens, who see little or no injury to themselves in accepting alcohol, may well take into account their place of influence in the community. They may choose the non-alcoholic life as their part in the new, comprehensive program that scientific understanding now indicates is necessary to reach all the sources. In doing so, they will express their own mature sense of social responsibility. They will act in that larger self that looks beyond self to the outworking of their influence and leadership into the lives of other people.

Those who feel that beverage alcohol is desirable in social living, and that vastly larger number of persons who count on it for a sense of release at the end of a day of work and strain, and **all others who usually remain moderate**, will be making their own higher choice of satisfactions when they discontinue practices that in every walk of life leave a blight on the lives of millions. In their relative immunity, they will not forget the other fellow who cannot, or does not, and never will remain moderate. The man of strength is no less strong when he refuses to add to the unhealthy social pressures that burden the less strong, the less knowing.

Here we reach the heart of the alcohol problem. For until men and women of social prestige are willing to set aside the overly attractive custom that they do not themselves abuse, the removal of the sources that initiate al-

(Continued on Page 134)

The Intercollegiate School

Of 1954

At The University Of Western Ontario

By Mary McGiffin and Ishabel A. McDonald
Carleton College, Ottawa

IT WAS a most worth-while occasion, so far as we from Carleton College were concerned. Designed in the main for college students, presumably rational individuals interested in a "factual approach to the problems of alcohol", it was excellent, where it stuck to this theme; where it deviated, not so good.

Some students from religion-sponsored colleges or preparing for the ministry tended to center their interest in the moral, religious or emotional aspects. The experience of listening to them—to these wholesome but rather 'innocent' students—was certainly different from that of

(Continued on Page 131)

THE INTERCOLL



A Daily Seminar On "DRINKING IN COLLEGE"

3 Days, 2 Hours Each

Stanley F. Knock, Jr., Leader

Reported by Verda Stroup,
La Verne College, Calif.

TO BRING OUT for discussion just those problems in which the group was most interested, each student, after self-introduction including college attended, listed various situations related to the problem on the home campus. The variety of colleges represented was significant. The questions summarized were as follows:

1. Where drinking began, at home or after entering college.
2. What the administration could do—or not do.
3. Whether war veterans were influencing younger students.

ATE GROUP OF 1954



April, 1955

4. How many students started drinking when in service.
5. Creating interest among more than a minority in the problem.
6. The student honor system; how make it more effective.
7. Why drinking in college is done so largely in mixed company.

One session centered attention on the information in the lecture by Dr. Robert Straus on "College Drinking," and its relation to home influences. The group decided that the place of the mother and family life should not be disturbed by the complications of home drinking.

One session was given to discussion of the information in a questionnaire that each member had filled out. Another was given mainly to seeking an understanding of the place religion plays in the problem. A keen discussion came out of the question: "Is saying that a person should be an abstainer, compatible with our idea of freedom?" The answer, it developed, depends on the definition of freedom, which was given as "the right of an individual to develop himself to his fullest natural capacity, within the restrictions imposed by society."

One fact came out of the week's discussion that is fundamental—that each individual must have personal convictions about alcohol, as well as a Christian spirit, before he can effectively present the problem to others.

The final session summarized the previous discussions and made a list of ways students may encourage others to become interested; caravan teams to youth groups in local and near-by churches, high schools and other younger people; a positive personal example; asking the college to consider a curriculum course on the problem, and professors of philosophy and sociology to give more on the subject in these courses; forming visitation teams to meetings of A.A.'s and hospitals and seeing that the library has the latest books. Let the subject come naturally into normal conversation.

REVIEW OF THE INTERCOLLEGIATE SCHOOL

(Continued from Page 128)

listening to the lecturers who, in contrast, were factual, realistic, sometimes cynical.

What pleased us most were the speakers, such as Dr. Robert Straus, recently of the Yale School of Alcohol Studies, Dr. Albion R. King, professor of philosophy at Cornell College, and Miss R. Margaret Cork, Chief Psychiatric Worker of Toronto. These speakers seemed to get at the roots of the problem, although with different approaches. They cleared up many misconceptions, adding information that was not familiar to us that seemed particularly important.

Dr. Straus, comparing the different customs and attitudes that surround drinking in different cultures, pointed out that while most Jewish people use alcohol, the strict moral code that they attach to it prohibits members of that race from getting drunk. In contrast, he indicated, the attitude of many Irish, who regard heavy drinking as laudable, accounts for their excessive drunkenness. Exposure to drink, he said, while important, is only one factor. In dealing with alcoholism one must also reckon with the customs surrounding its use. He exploded the "college drinking pattern" as a myth.

Dr. King went right to the heart of the matter when he spoke on the motives of drinking, listing such as curiosity, social pressure, relaxation, sociability and desire to escape from reality. His presentation enabled us to evaluate rationally these motives as they occur to us, or to anyone presented with an alcoholic drink.

A good picture of the effects of an alcoholic in his family and community was given by Miss Margaret Cork, out of her first-hand experience. She gave concrete suggestions as to how we could help an alcoholic through our attitudes toward him, and stressed the fact that basically he is not bad and should not be condemned as such; that he is insecure and needs reassurance and help. An account of the job being done at Mimico, the rehabilitation

center of Ontario for criminal alcoholics, and the visit by four A.A. members were interesting.

Of most interest to us were: (1) Information on the basic reasons why people drink; (2) how we can understand and help those to whom drinking is a problem, especially in our own environment, the colleges.

The excellent afternoon discussion groups helped solve these problems. Suggestions that came out of the groups, in the order of their considered effectiveness, were: (1) Teaching by example the virtue of abstinence, or moderation; (2) giving concrete information about alcoholism when the opportunity arises naturally; (3) the addition of a course of instruction on this subject in the college curriculum.

On the whole the conference was well planned and effectively conducted. Suggestions for next year included a trip to an A.A. meeting as preferable to having them visit the school; the attendance of more of those students to whom drinking is a problem, not only for what they might receive but also to give a better balance to the school itself.

“Bad Example, Excessive Drinking”

DURING MY 29 YEARS as Director of the Federal Bureau of Investigation, I have found the basic cause of the high rate of juvenile crime to be a lack of moral responsibility among youth. . . . The commission by juveniles of over 50% of the auto thefts in 1952 shows a total disregard of the property rights of others. . .

In all too many cases the parents have utterly failed to carry out their responsibilities. They have failed by neglect, bad example, excessive drinking, quarreling and bickering in front of the children. . . . The natural result is too often a serious emotional disturbance in the child reflecting itself in delinquent behavior.

—J. Edgar Hoover, Director of the FBI in *Scouting*, Jan. 1954.

"I'll Have One, Too."

I'll Have A Coke

By Barbara A. McNutt, Toronto, Ontario

A FORMER ARMY man tells this story—



Barbara McNutt,
Chr. Int. School of 1954

A few weeks after I got my stripes I was in the wet canteen one night when a bunch of new recruits came in. Most of them stepped up to the bar and ordered different brands of beer, but one seemed to be hesitating. He was younger than the rest, and didn't seem to know his way around so well, though it was plain to see that he wanted to be 'one of the boys.' When the rest had been served, the bartender turned to him for his order. Just then I said quite loudly, "I'll have a Coke." "I'll have a Coke, too," said the young chap, quick as a flash.

I received a letter from him some time later thanking me for what I had done. He said, "That was my first night in camp, and I was determined to do like the other fellows did. I had never had a drink before, and if you hadn't come along when you did, I would have then. And who knows what might have happened. Now I know I will never drink. Thank you for helping me."

GOOD is that which contributes to the course of ascending evolution and leads us away from the animal toward freedom.

EVIL is that which opposes evolution and escapes it by regressing toward the ancestral bondage, toward the beast.

—LECOMPT DU NOUY, Human Destiny

A MODERN APPROACH To the Problem of Alcohol (Continued from Page 127)

coholism will be difficult, if not impossible.

Positive Appeals and Program

12. The non-alcoholic life that does not count on a drug for happiness is the natural, healthy, free life. Exalt this ideal, keep it to the front in educational activities among youth and the public.

The gaining of release from tension and strain by play, recreation, music, a variety of activities, and the emotional and social thrills that accompany them is natural, normal, constructive. The result is lasting satisfaction and growth in personality and social living. The non-alcoholic life offers the norm for a growing civilization. Alcoholic satisfaction is short-lived, at best; often it is followed by a hangover in personality and home deterioration. The pleasure it offers is illusive; it removes no cause of unhappiness.

To strengthen weak personality, to emphasize healthy activities, to give attention to positive rather than negative motives and interests, to enlarge desire for that which is better rather than arouse fear of consequences, are the most far-reaching of all emphases in counteracting alcohol.

For with the cultivation of normal attitudes and activities in home and school, and a reasonable share of scientific knowledge, the pressure of unhealthy community practices may be countered in large part. The tradition that alcohol is something to be desired, that it appears to be necessary socially, that it gives release from inferiority and unhappiness, will come to be regarded as illusions; drug shortcuts. For real satisfaction comes only by overcoming, not evading, the realities of life.

Carried widely and continuously over many years into home, school, church, and community, this educational approach is the most fundamental that can be undertaken toward solution of the alcohol problem.

Complexity vs. Over-simplification

In the past century and a half of organized effort to restrain, control, prevent, and banish the "evils of drink", the beverage alcohol problem itself has seldom been more than partly taken into account. Certain specific evils—drunkenness, intemperance, excess, the saloon, the liquor traffic—have been attacked and much accomplished. Education applied to these objectives has been widespread in the public schools, churches, general public. Campaigns for restraint and moderation a century ago, and for abstinence and local and state banishment later, were directed at the particular aspect of alcohol that was most obtrusive.

Much improvement of permanent value has resulted. But the deeper sources of the problem which come from the traditions that approve the mass use of this drug for pleasure and the inevitable impact of the custom on immature, ignorant, depressed, disturbed, neurotic, and overly-frustrated youth and adults of every generation were largely overlooked or unknown.

As a result, the alcohol problem has long been underestimated. Its strength, the roots of its strength in human immaturity, in tradition as well as the liquor traffic; its hold in the mores of the masses and prestige of the classes; its confusing relations to many, many other social problems have received little attention until recently.

Often this over-simplification has made for particular results such as the great reduction in the ratio of drinkers to non-drinkers just before and in the first quarter of this century; the prohibition of thousands of saloons; wide removal of liquor from the home; and extension of the non-drinking life and culture of America, especially outside the cities, for nearly a century. But in all the centers of condensed population, over-simplification has tended to yield limited results.

Popular Misunderstanding

Public attitudes on the problem today, as in the past, are greatly confused and contradictory. Symptoms are

criticized or treated while sources are ignored. Street drunks are sent to jail instead of the hospital. Saloons are banished and return as taverns. Night clubs are made attractive; brilliant advertising suggests restrained dignity and moderation, but excess is outstanding. Spreading usage continues to sift out and start toward alcoholism increasing numbers of those whose emotional make-up, childhood, and community experience are such that they cannot resist the euphoria of alcohol—coming as it does with social approval.

Public control by the state is undertaken, but alcoholic accidents and death continue undiminished. This most complicated social problem is, and for years, has been, oversimplified in approach, proposed solution, and estimate of its strength.

It is not sufficient to promote highway safety, to restrain drinking drivers and tipsy walkers; to control heavy drinkers; to treat the alcoholic; to limit supplies of liquor to those who "sell the baby's shoes for booze"; to understand and help "problem drinkers"; to criticize "excess" since no one knows where excess begins.

Yet all of these are necessary and parts of a much larger program.

Balancing the Program

The knowledge that scientific research, historical experience, and practical observation together reveal is that next steps toward solution must be undertaken from many different approaches. No one attitude, objective, or field of service is enough if operating alone. The **curative**, by the doctor, counselor, and minister; the **rehabilitative**, by the A.A., the Salvation Army, and the psychiatrist; the **industrial relations** program of the factory that seeks to recover high-grade employees from alcoholism; the restoration of **neglected neighborhoods** to head off juvenile delinquency; the **counseling** of religious, medical, psychiatric, and welfare experts with youth and those who face alcohol problems; the **basic preventive** and never-ending education of parents and their children; objective, **scientific education** in the schools; the **more vitalized education**

in the home and church, especially among young adults—the parents and social leaders of the future; increasing **instruction** in colleges on all aspects of the problem in Biology, Psychology, Sociology, Personal and Public Health, Government; **student group discussion** in preparation for service and citizen leadership; **active adult participation** in the never-ending struggles in civic, social, state, and national affairs that have to do with public opinion; and effective legal control or final banishment of **alcohol** as a dangerous drug, or treatment of it as other drugs of similar character are treated.

A Confident New Beginning

Both immediate and long-range programs are now imperative. Resources in experience and scientific research are now more abundant than ever before. A constructive approach, broad enough, deep enough, continuous enough, and of long enough range to undermine all the known sources of alcoholism—personal, social, economic—and its degrading consequences in human living, may now have a confident beginning—a **far more confident beginning than at any previous time** in the century of experimentation. For those experiments have brought out both the size of the job and the serious necessity of doing it.

Free Culture from the Cult

A community and state public opinion, built by popular education on tested knowledge and experience, will be able to face drunkenness and alcoholism at their most popular and inexcusable source—the customs of those who give drink its social prestige, and the profit motives of those who give it strength.

As ultimate aim it may be well to vision steady growth in the natural healthy culture that has freed itself from the dead hand of its alcoholic past. Nothing less can be implied if the accumulated scientific knowledge now available is constructively interpreted. For the cult of toxic pleasure temporarily obtained through depression of the highest creative and control centers of human personality, the functioning of man's intellectual and spiritual capa-

cities, is abnormal. It should be replaced by that which it has displaced—that pattern of healthful living that seeks in education, recreation and dependence on “a higher power” the freedom that no drug can give.

New Michigan Course For Teachers

Next One For Undergraduates

“**P**ROBLEMS of Alcohol Education” is the title of a new course opened January 18, by faculty members of Western Michigan College of Education, Kalamazoo, for teachers now in service and interested citizens. The class, conducted this year in the Community College Building in Muskegon, is held weekly twelve times on Tuesday nights. It is offered as an aid to teachers and others who desire sound scientific information related to alcohol. The work includes lectures, a wide survey of scientific and educational materials, and the use of films and film strips. Much attention is given to ways to make teaching of the alcohol problem more effective. College credit is offered to those who want it. The enrollment this first quarter is fifty one.

Dr. Roy E. Joyce, Biology, is chairman of the campus committee at Western State, and main instructor. Other faculty members and specialists share in the instruction. In addition to Western State the course is sponsored by the Michigan State Board of Education and the State Board of Alcoholism. The plan is to hold it in different parts of the state each year. An elective course for undergraduates at W.M.C. is being planned for next fall. “There is evidence that such a course will be quite popular as many students have inquired about it,” writes Dr. Joyce.

Alcohol addiction is one of the most devastating factors contributing to juvenile delinquency and the breakdown of the home. The real threat to our freedom comes from within—the deterioration in moral values—the failure to discipline ourselves to decent and healthful living.

—Judge LUTHER W. YOUNGDAHL, U. S. District Court for the District of Columbia in *Pertinent Paragraphs*

*Seeking to Remove
Some Handicaps*

A Necessary 'New Look'

Condensed excerpt from an address

By Dr. Winton H. Beaven

TO BRING ABOUT a change in public opinion so that there may be a general entree into intelligent circles around the world regarding the temperance movement, I propose to you a "new look", a concrete program to help overcome some of the handicaps and problems we face.

However, I am happy to say, that in Canada, I think this "new look" is already largely in effect; that is not true in the United States.

First, accept completely and fully the problem of the care of the alcoholic. In the presence of so many churchmen as are here tonight, I hesitate to say what I must: That the churches of the world have failed in their duty to the alcoholic. Had the churches generally done their duty in this respect there would never have been need for an Alcoholics Anonymus. I am an absolute supporter of A.A. I have never said a word against them. I am convinced that their basic appeal, other than the socialization they bring in, is spiritual and religious. As I read the gospel, we are bound to care for those in need; there is no group of people on earth more in need than are the alcoholics. We ought to commend the Yale School of Alcohol Studies for what it has done in popularizing all phases of this problem. We will be on sound ground when we accept care of the alcoholic wholeheartedly as a part of our obligation.

Dr. Winton H. Beaven, very recently a professor at the University of Michigan, is director of the Institute of Scientific Studies for the Prevention of Alcoholism, Loma Linda, Calif. The address was given at the Annual Convention of the Canadian Temperance Federation at Winnipeg, Man., November 30, 1954.

Second, we must reach the place where we are willing to take a factual, sane approach to the whole problem. We must be concerned with facts. If the facts are unpleasant to our beliefs, we must change the beliefs. As an illustration, this statement: As of today, there is no scientific evidence that small quantities of alcohol do any permanent damage to any organ of the human body. I believe that is true. I can find no scientist, including Dr. Andrew C. Ivy, who will say the contrary. The statement, I know, runs counter to much that has been taught in the past, and much that is still believed. But it is a fact. If we are going to get anywhere in this field today, we do not need to misstate facts; we need to use facts.

Third, we have reached the era in our history when persuasion is more effective than legislation. In this present society in which we live, both how we work and what we seek to do, must be sold, as the salesman sells, to the public, as the advertising man reaches the western world. We have a product that we must package, sell, and make attractive.

Fourth, we must recognize the need for a broad training and a variety of outlook among those who are working in the field of temperance. If we are to influence all sectors of society we must draw our workers from all sectors of society. It is unfortunate if a college professor should be regarded as a freak by his associates for entering this work. There should be many college professors in it. But there are certain segments in which a professor would be of no value. There are other segments where a rail-road worker would add much to the cause. Many varieties of workers are needed.

Fifth, and this is my major suggestion, we must change completely from a negative to a positive approach. It is bad psychology to be negative. In the past we have been compelled to be negative by the very nature of our work. We have been 'agin' something—alcohol; we still are. But we must now face the fact that being against something is a very unpleasant and unpopular process. It is not very appealing to the average person. Only in mom-

ents of stress do we get anywhere by being against something. It quickly runs out.

You can arouse a crusade against something, but not a steady continuing movement. Adolph Hitler learned that the rough way. He had to get up something different every two or three years to keep up white heat. He was against the Jews; then against Russia, then somebody else, then he came back to the Jews again. He had to keep changing that 'against'.

The New Testament is far more appealing than the Old Testament because it is a positive rather than a negative book. "Thou shalt love the Lord thy God with all thy heart", is more attractive than "Thou shalt not kill", is my conviction.

The day has come, when we must go from a completely negative to a positive psychology, in dealing with the general public. We need to stress less the gutter aspects of alcohol and more the positive benefits of abstinence. We ought to make attractive the way of life we believe in, rather than find fault with the way of life we do not believe in.

My appeal to you is to put into operation what I choose to call "the new look." This includes greater knowledge, broader backgrounds, wider horizons, more cooperation with others and, above all, the positive approach to all the problems of alcohol. And it seeks not only to improve the lives of our fellow-men, but also their opinions of us so that, in the long run, it will be a matter of pride to be referred to as a temperance worker.

Liquor offences are responsible for nearly half of all commitments to Ontario reform institutions.

—A. R. Virgin, Ontario Department of Reform Institutions.

One of the experiments at Yale is to give a person two ounces of whiskey. Within the next hour his judgment is adversely affected 20%. After taking a half pint of whiskey, his reasoning ability is reduced 67%

Give me the serenity to accept what cannot be changed; Give me the courage to change what can be changed—The wisdom to know one from the other.—Reinhold Niebuhr. Lutheran Men.

ACTIVITIES PROGRAM

Of the Intercollegiate Association

1. Promotion of objective and scientific study and teaching on the Alcohol Problem in colleges—by student groups, faculty members, and intercollegiate activities.

2. The EDITORIAL AWARDS, the Roberts' Series, that offers annual prizes for writing done by college undergraduates, the winning papers to be published annually for international college distribution.

3. The INTERNATIONAL STUDENT, six issues per year; for students, teachers, and all thinking young people.

4. The INTERCOLLEGIATE SCHOOL of Alcohol Studies, for college students; a week of serious study and direct participation; of recreation and fellowship, all with the aid of educators, scientists, and specialists of high recognition. The 1955 session will be held at McMaster University, Hamilton Ontario, Canada, Aug. 27-Sept. 2.

The Program of the Association is a well-balanced, interdependent program of these and related projects; an *outgrowth of fifty years of experience in this field.*

It is sponsored by the INTERNATIONAL COUNCIL composed of college presidents, deans, professors, editors, business and professional men and women.

It is dependent, mainly, for financial support upon the *gifts* of friends who understand the meaning of *well-equipped leadership* on the alcohol problem of this generation.

"Basic Information On Alcohol"

By Albion Roy King

Author of "The Psychology of Drunkenness."

THIS NEW 1953 book is just what the title indicates—the first and only publication that puts into one convenient and attractive volume, the fundamental information about alcoholic drink in human living. It is literally a library in 153 pages.

Paper Edition \$1.50; library cloth \$3.00

Intercollegiate Association
12 N. Third St., Columbus 15, Ohio

Basis of the Intercollegiate School

IN FULL HARMONY with the recent trend in many universities and colleges, that are now taking leadership in education on the Alcohol Problem, this "new-type" of Intercollegiate School has been organized, largely for college students and their leaders. It seeks to make possible UNITED THINKING by students, their counselors, instructors and other teachers, for a WEEK TOGETHER, gaining understanding, and working out approaches that can be effective toward constructive action today.

This it seeks to do, with the resources and inspiration made available through the lectures and personalities of internationally known scientists and educational leaders on the problem—in daily contact, class-continued instruction, discussion groups, seminars and opportunity for personal consultation.

In the world situation of today, the problems of alcoholism and alcohol are becoming more and more acute—especially in recent years. The "Human Factor," HUMAN PERSONALITY, always basic to existence and progress, is more so now than ever before in history. Every person faces greater demands, to be able to function at his best.

For we who are living today must meet, in supreme test, the mechanisms and passionate drives of war and economic survival, many of them created by the ingenious use—or mis-use—of scientific knowledge itself.

In this life-or-death struggle, all of us should seek to be at our best. But how can modern men and culture be at their best while as many—or more—are casualties of Alcoholism as of War itself?

Therefore, to study—and use constructively—scientific information for the relief and prevention of alcoholism, is not less vital to the immediate future of our generation than to learn how to use atomic energy to supply human needs rather than to bomb great cities.

INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

**August 27 - September 2, 1955
McMASTER UNIVERSITY
Hamilton, Ontario, Canada**

COLLEGE STUDENTS of NORTH AMERICA and their leaders are invited to SHARE TOGETHER in study and creative service toward understanding the problems of alcohol in life today.

Among the speakers and seminar leaders are internationally known scientific and educational experts from both Canada and the United States.

Here the final honors, prizes and scholarships in the International Roberts Editorial Awards of 1955 will be announced, and personally made to the winners who are present.

For Information Folder Address
Intercollegiate Association

11 Prince Arthur Ave.,
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The Liquor Cult and Its Culture, by Harry S. Warner.
An all-over study—in popular reading style—of the basic information, scientific and practical, now available regarding the alcohol problem and its social implications

Price \$1.35; address above.

MAY
1955

STUDENT

- And Digest of Alcohol Studies

In This Number

FROM WHERE TO HERE
in College Drink Customs

The Coming Intercollegiate
School of Alcohol Studies—

"Seeking an Effective Approach to the Alcohol Problems of Today," particularly as they confront college students and thinking younger people, and to aid in educational service, The **Intercollegiate Association** is sponsoring the **SIXTH ANNUAL INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES** to be held at McMaster University, Hamilton, Ontario, August 27-September 1, 1955. (see page 146).

Objectives

To gain a scientific understanding of the Problems of Beverage Alcohol in Modern Life.

To seek and discover an objective basis from which to make intelligent decisions as to personal and social attitudes.

To develop thinking and education toward constructive service.

To advance the ideal of a Normal, Healthful Life, free from dependence on Alcohol, as a scientific and realistic objective.

To open opportunities for service toward solution.

Alcoholism is not a specific disease, but the result of an attempt to escape a painful reality, such as boredom, nervous tension, unpleasant environment and mental conflict. There is no way of spotting the potential alcoholic. A trip to the nearest bar may be quicker and cheaper than a trip to the country, but it aggravates rather than solves the problem which makes a person feel the need for alcohol in the first place. There is always danger that the normal person who drinks moderately may turn to alcohol as an escape when faced by an abnormal condition.

—Dr. George T. Harding, Psychiatrist, Ohio State University.

democracy
something
eeper than
liberty; it is
responsibility"

THE INTERNATIONAL STUDENT

May, 1955

Vol. 52, No. 6

McMASTER AT HAMILTON

The campus is surrounded by parks, water ways, a mountain ridge, the Royal Botanical Gardens, the Hamilton Rock Gardens, Albion and Western Falls near by, in the midst of a wealth of cultural and historical background that will make the week at the School an event of a life-time.



THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, six times a year, in October, November, January, February, April, and May. Subscription, \$1.50 per year; two years \$2.50.

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From Where To Here

In College Drinking

An Editorial Review

FASHIONS COME and fashions go almost over night. Customs change, slowly to be sure, but they **do** change. Social traditions are being outgrown constantly, discarded, as rough experience, scientific understanding and modern ways of satisfying needs replace many heretofore accepted without question.

Thus, but with many varying spurts forward and backward, civilization becomes more and more civil.

Recent scientific study of the beverage alcohol drinking tradition in the United States shows that at present about 65% of the adult population above fifteen years of age, drink, occasionally or oftener; that 35% never drink. But 150 years ago drinking was far more customary, almost all-inclusive, when liquor was available. A change such as this in a tradition as ancient as the use of alcoholic drink is a great change. It cannot be minimized. It is a fundamental fact in the culture of today. Modern American culture is at least one-third non-alcoholic, as repeated polls of public opinion and scientific surveys have demonstrated.

As Related To College Communities

Reflecting the changes and longer trends that have occurred in the community backgrounds of college life in

Through the year 1954-55 a thousand or more college students have been writing on the question: "Is there a College Drinking Problem?" in competition for the ROBERTS EDITORIAL WRITING AWARDS of the year. The twelve or fifteen of these editorials standing highest in this International Series will be published in the November number of *The International Student*. The background information in the above article may be taken into account when reading the facts and opinions of these present-day student writers.

the century-and-a-half, the customs in colleges have gone through similar changes. There has grown up a substantial non-drinking largely middle-class section of modern college communities that reject all forms of alcoholic culture. Frequently in the minority, especially in very recent years, the ideas and practices of the non-drinking part of society are never wholly absent from college life today. Latent or lacking in self-expression, the non-drinking custom is, nevertheless, a constant and quietly persistent influence toward restraint and control of excess. It is evidence that the propaganda claim, "drink has become the accepted culture of today," is far from the truth.

A few historical observations may help to bring out a more accurate perspective.

Early University Customs

The tradition of alcoholic release in the culture of college communities is hoary with age. It had a place in early English, German and other European universities that probably has never been equaled elsewhere. The first colleges in America took their educational systems, cultural ideals and customs mainly from England, where "ale drinking occupied an important place in the traditions" of the colleges. In earlier times these English colleges held festivities known as "college ales." Some of them had their own special brews, of which the ales of Brasenose and Magdalen at Oxford, were perhaps the most famous . . . It was customary on every Shrove Tuesday for the butler to present a copy of English verse on Brasenose ale to the principal and to receive in turn a sum of money . . . In the old days Cambridge had many famous taverns frequented by the students."

At Oxford "for six hundred years the life of the University was intertwined with drinking occasions. . . . In these rich old rooms, venerable with culture, there are still in use the surviving contrivances of a day when gentlemen counted it no disgrace to drink themselves under the table." And the new student of later years, generation after generation, "since traditional habits of conviviality spell drinking, falls in with the 'hearties,' believing this to be the essential quality of college life."

The customs of Oxford, Cambridge and of English society were re-established in the colonial colleges in this country. Harvard, in the eighteenth century, had a brewery of its own. A "buttery," or college canteen furnished supplies, including wines and liquors. Yale had its buttery also, and for a time provided beer for dinner at the Commons. "At dinners in the college hall," wrote an alumnus of Harvard, "a barrel of wine was elevated on the table and none were expected to leave until, amid shouts and songs and harangues, the barrel was emptied."

Beginnings of Non-Drink Customs

After the beginning of the temperance reform, a century ago, great changes took place in the colleges. Many students and professors took an active part in the new movement. Drink customs began to lose prestige. A writer in 1836 said, "Be it noted that this is the first Commencement that I have attended at Cambridge in which I saw not a single person drunk in the hall or out of it." This movement spread widely among the colleges of that period, many faculty members of the New England colleges being among the leaders of the first temperance movement in this country. But, by 1870-80, college customs had receded from their first abstinence ideals and class reunions, commencements and social events during the year were again following the older traditions.

The Tradition of Drink

The tradition of student drink through the ages, and the customs, practices, and pranks connected with it today are significant, not only because of drunken incidents, occasional excesses and high-way driving, but because of its social outreach, the prestige position at which it occurs, its influence in the community, its standards and culture. The news-exploited incidents of wild drinking are a temporary aspect; most students **do** become responsible citizens.

But the whole custom of seeking alcoholic pleasure has a meaning of its own, when it goes out from the college and the university into the culture of the larger community. For the attitudes and exploits of college students

have a particular meaning to younger people everywhere; those of college educators, in the social and civic standards of city and state; and those of alumni, in the positions of leadership to which they naturally come—on the alcohol problem, as elsewhere. They carry a heavier weight of responsibility for the total results of alcohol in society—good or bad as may be—than that of the average group or individual in our culture.

Otherwise, college drinking and college problems of alcohol, are not different from those outside the college in the same culture and period.

Two Cultures Side by Side

During the 19th century, particularly the last half, as colleges were founded and made strong by the great middle-classes, largely by church, rural, and state initiative and money, there emerged a very different attitude in the higher educational field regarding college drink traditions. Due partly to religious and moral convictions, partly to western freedom to experiment, but perhaps mostly to the feeling that attendance at college was a privilege too rare to permit the wasting of money and time, most of the colleges of the central, northern, western and southern states developed non-drinking customs. Wines at banquets were exceptional. There was some individual and small group drinking at saloons, or near-campus hangouts, but in many college towns these were being pushed further and further away from the campus by legal restriction and growing public opinion. The traditions of the east that reflected European origin failed to gain much headway in the central section, even in state universities.

By 1900 and thereafter, two distinct cultures were to be seen, side by side, in the country as a whole. On the one hand, alcoholic pleasure and its supporting traditions were accepted and growing in popularity; on the other, they were being discarded, rigidly restricted, or banished. In the two decades prior to 1920 social compulsion to drink was found only in those universities and "select colleges" that were within the economic, prestige and traditional backgrounds of drink culture.

Yet even in these conservative institutions, a substantial few students and instructors broke away from the cult of drink. Sometimes it required more than average strength of personality to stand out against the locally popular custom. At Harvard, as illustration, in 1915 it was reported that 75% of the students accepted the drink customs of their classes. The non-drinkers, by paying their dues, were thereby compelled to share the cost of the beer they refused to drink. A protesting member of the minority, in the **Harvard Crimson** wrote: "It is not class meetings alone from which many are excluded through an unwillingness to make themselves conspicuous by their abstinence."

Enlarging Break From Tradition

The decades 1900 to 1920 were marked by serious conflict over liquor and its social and economic consequences. Students and faculty members in all parts of the country shared in the movement. Among the national leaders of the day were outstanding educators, scientists, medical men and economists in the universities and colleges. Students by the thousands were interested in doing something. The place of alcoholic beverage in modern life was being challenged.

The diverging trends of a century became clearer and more divergent. As to college customs, this may be noted: (1) In the socially conservative but influential institutions, the old traditions continued with little change, although questioned by their own students. (2) In nearly all other college centers—a decided majority—an aggressive attitude toward all alcoholic beverages became active in efforts to remove near-campus drink spots and city saloons; and those in the county and state as well.

Freedom Gained to Refrain

Wherever drink customs continued at this time there were indications that the tradition was losing prestige. Many local and several national fraternities discontinued their previous approval of the use of alcohol. Class meetings, parties, receptions, dances, were largely free from drinking; liquor was not regarded as necessary to a good

time. After the big games there were often high times—to celebrate or compensate. But on the whole, academic drink customs had lost prestige and were losing popularity.

A poll of seniors at Yale in 1913, revealed that 155 were abstainers, 128 drinkers. In 1915 one professor said, "So far has the anti-liquor movement in the colleges proceeded that a man who frankly opposes its use is more respected than the man who condones it." Some of the fraternities voluntarily banished liquor from their houses. The Senior Class of 1915 voted 115 to 101 to discontinue it at their graduating party. By another vote they dropped drink from future reunions. A Sheffield Scientific School class took similar action. These steps were followed by an appeal to Yale alumni to follow the action of the undergraduates. This appeal, supported by leading football, crew, newspaper and senior men, was signed by William Howard Taft, Yale '78, and mailed to 12,500 alumni.

At Michigan, a 1916 student movement led by a popular athlete, included in its appeal, the creation of opinion for law enforcement in the city, higher standards among the students and personal abstinence.

University of California students about 1913 concluded a three-year program that put an end to "Beer Night" around the "Big C" at the top of the campus hill, a long-standing tradition, and substituted coffee for the Sophomores who were required to guard that sacred spot from the Stanford students who annually sought to capture the "C." Two years later, the student body organization amended its constitution to rule out "the use of intoxicants at any banquet, dinner, supper, luncheon, rally, smoker or social event given by any student organization." The vote was 627 to 138.

At such universities as Ohio State, Indiana, Minnesota, Michigan, Kansas, and Iowa, social events were largely free from the customs that favored drink. At the University of Missouri drinking had been practically eliminated. University of Illinois students in 1912, cast the deciding vote that removed saloons from Urbana and Champaign.

In the hundreds of middle-sized and smaller colleges and universities of the country, with very few exceptions, drink customs had gone; students and faculty members alike were active in removing liquor selling from college towns, and taking part **by the thousands** in teams against the liquor traffic.

The Thirty Years—1900-1930

The results of the educational and positive reform activities of the first twenty-five years of the century, carried forward into the 1920-1933 period, notwithstanding all law violation and public controversy. "The fraternities have never been so dry as they are today," reported Professor Thomas G. Warren of Yale, in 1926. "The last prom dances were the cleanest I have attended in many years. I think there is less drinking now than ever in the history of the university."

"In the old days our Committee (on Discipline of which he was a member) was constantly busy with cases involving intoxication and the disorders originating from it. Now we have practically no business of the kind at all . . . in spite of the fact that in the old days we rarely troubled ourselves with a case of mere intoxication if it had not resulted in public disorder," said Prof. Charles C. Clark in 1926.

A poll of 100 student editors, who naturally reflect campus opinion, in 1926, brought out the majority conclusion that "drinking among students has declined in recent years; that such as remains is by those who think to put feathers in their caps if they can bespeak a boot-legger."

"My observation twenty-five years ago," wrote the dean of men at West Virginia University in 1926, "was that it was the exceptional student who did not take a drink now and then. Today conditions are reversed; it is the exceptional student who drinks. . . . The few who break over cause the talk."

"It has been six months since a student has been before me for violating the liquor laws," said a Judge of the Circuit Court at Ann Arbor, Michigan, in 1927. "There

is not one hundredth the drinking among university students today that there was during the days of the saloon. A barber at the edge of the campus who served students thirty-five years observed: "Students used to come into my shop drunk, would have to be taken out of the chair. . . . It has been three or four years since there has been a drunk student in my shop."

A meeting of 3,000 students at the University of Illinois in October 1923, voted to oppose drinking and to petition alumni who planned to attend the big annual home-coming games to leave hip-pocket flasks at home. Student bodies at three other universities took similar action that year.

A university of Tennessee men's mass meeting voted "not to tolerate drinking by students at public or private social functions." Dartmouth College governing body announced that it was "vigorously opposed to drinking in Hanover and wherever the name of Dartmouth was concerned." A representative of a large book company who constantly visited colleges said in 1925: "Boozing decidedly is not popular on the college campuses today . . . not because the faculty forbids it but because student leaders themselves will not have it."

On the whole, it is clear that there was a decided reduction in the use of liquors in college communities, and a growing, and in most colleges dominant, disapproval of drinking customs, collegiate and general, during the first, second and third decades of the century. There can be no reasonable doubt that drinking, and traditions favorable to drink, were more nearly absent from college life between 1910 and 1930 than at any other period in the history of the country.

Reaction Begins

Between the years 1929 and 1933 questioning of the situation became sharp among students as elsewhere. In the colleges it was related to stricter or modified forms or lesser degrees of restriction and prohibition. Forms of law evasion, illegal sale and rum-running from foreign sources, rather than drunkenness, were the spectacular factors in the experience of the student men and women of that

period. After 1933 change came more and more rapidly. In 1937 a survey by **The Literary Digest** revealed what it called "a great boom in student drinking." A new period of unrestricted distribution and changed customs in a large part—but only a part—of public opinion has brought more children and young people into contact with free-flowing quantities of alcoholic drink, and in a greater variety of ways, than ever heretofore in North America.

The situation of the past ten years, is brought out in detail by the Yale survey of "Drinking in College" that covers four of these recent years.

Conclusion

Two permanent contributions have been made to the all-over problem of alcoholic drink in human living by the experience of the past century: (1) The emergence and maturing of a positive non-alcoholic culture that includes approximately one-third of the people—a very great change. (2) The evidence that there is no separate college drinking problem, just a few spectacular aspects that appear while students are in college, and that their drinking is just a part of the culture from which they come.

On the whole from all the historical evidence available, drinking and the approval of drink customs were lower in 1910-1930 than ever before or since.

Sixty-five million Americans drink and four million are alcoholics, yet alcoholism has been one of the least understood disease in the world.

—Newsletter "Tone," Cleveland (Ohio) Health Museum

The meat, pork, and poultry producers would quickly eradicate any toxic agent which would produce as much disease, crippling and misery among their cattle, pigs, and chickens as alcohol does among human beings—Andrew C. Ivy, Ph.D., M.D., University of Illinois.

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(Continued from page 160)

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osophy of alcohol education that you have expressed so forcefully in the book, 'The Liquor Cult and Its Culture.' I believe I told you on one occasion that it was the best book of this type that I know. . . . Harry, you know I am not given to flattery and I want you to accept what I am writing at face value. Thank you for doing this job for the fraternity whose members bump their heads against the alcohol problem."

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—ANDREW C. IVY, Ph.D., M.D.

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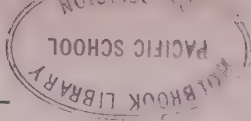
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—DR. GEORGE A. LITTLE, Secretary, Beaver Lodge Camp (for Alcoholics); Ontario; Editor, United Church publications, Toronto, Ontario.
(Turn to page 158)

THE
INTERNATIONAL



OCTOBER

1955

STUDENT

- And Digest of Alcohol Studies

In This Number

*"IS THERE A COLLEGE
DRINKING PROBLEM?"*

College Student Writers give a variety of answers — expressing divergent trends in background and interpretation.

The Roberts' Editorial Awards of 1955



Teachers
College
of Connecticut
New Britain, Conn.
(See page 5)

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1955/56

THE INTERNATIONAL STUDENT

October, 1955

Vol. 53, No. 1

First Honors In Roberts Editorial Awards

- 1947—"Outgrowing Alcoholic Culture," Franklin Parker, Berea College, Berea, Ky.
- 1948—"Applying 'Preventive Medicine' to Alcoholism," John Waldman, New York University, N. Y.
- 1949—"Social Pressure and Campus Drinking," Harold E. Whipple, Ohio Wesleyan University, Delaware, Ohio
- 1950—"Social Pressure Against Alcohol," John W. Schuerman, State Teachers College, Kearney, Nebr.
- 1951—"Drinking: Personal or Social Responsibility," Walter W. Smith, Olivet College, Kankakee, Ill.
- 1952—"Can Education Solve the Alcohol Problem?" Marilyn Johnson, State Teachers College, Kearney, Nebr.
- 1953—"Social Drinking: What Do You Think?", Donna D. Hay, Wartburg College, Waverly, Iowa
- 1954—"The Opportunity of the Home in Dealing with the Problem of Alcohol," Patricia Jacobs, Otterbein College, Westerville, Ohio
- 1955—"Is there a College Drink Problem?", Loucille Lasnier, Teachers College of Connecticut, New Britain, Conn.

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Is Drinking In College A Social Problem?

By Lucille J. Lasnier, '56,

Teachers College of Conn., New Britain, Conn.

THE PURPOSE of this paper is to determine whether or not drinking in college is a social problem. For this purpose, the term "college drinking" means not only the act of consumption of liquor, beer, or wine, but also the effects as they emerge in the functioning of this process in our society. It is not the drinking itself, of course, but the associated or consequent behavior of the drinker, behavior lacking control or discrimination, which forces recognition of a problem.¹ The methodology of this paper is (1) to define a social problem, and (2) to determine if this phase of our culture (college drinking) fulfills the requirements of the definition.

A social problem is a situation believed to be a threat to or an infringement upon an established social value and considered capable of amelioration or elimination by appropriate social action. A social problem has the following elements: (a) a situation capable of measurement, (b) a value believed threatened thereby, and (c) a realization that the situation and the value may (theoretically) be reconciled by group action.²

The social situation represents a set of adverse or undesirable social conditions.³ In regard to college drinking, there exists two general types of social conditions: (1) the presence of drinking by college students, and (2) such resultant behavior as drunkenness, personality disorder, drunken driving, and poor performance in the academic field. The data regarding these conditions should be classified in scientific categories and susceptible to objective measurement.⁴ An excellent example of the measurement of data concerning the existence of

drinking in college may be found in a study, titled **Drinking In College**, made from 1949 through 1951 by Robert Straus and Selden D. Bacon. On the basis of a study of 17,000 men and women from twenty-seven colleges, they have discovered not only just who drinks and who does not, but also such information as why and how much they drink, and the significance of religious affiliation, and ethnic background.⁵ It is the belief of the author that the second set of adverse social conditions, the effects of drinking, although they have been measured in terms of the entire adult population of this country, have not as yet been scientifically measured on the college level. It is plausible to assume, however, that such a study could be successfully conducted.

To constitute a social problem, this social situation, characterized by adverse social conditions, must violate, or at least offend, one or more of the cherished social values. College drinking, as well as drinking in general, and its resultant behavior, appear to violate the five basic concepts, or values, of our society: morality, righteousness, normality, logicalness, and naturalness. Specifics of this broad generalization can be given: Forty million Americans belonging to church groups cherish abstinence as a social value. College drinking violates this value. Drunkenness violates the social value of the dignity and worth of human personality, and, even more specifically, an excessiveness of drinking by college students resulting in poor academic performance violates the collegiate value of working to capacity and getting the maximum amount of benefit.

Finally a third element in the concept of a social problem is the idea and deep seated belief in American culture that appropriate social action can alleviate, or lessen, the seriousness of the problem at hand.⁶ It is apparent that such a belief concerning drinking in general (includes college drinking) has existed in this country since the introduction of liquor as it is today by the white man in the 15th and 16th centuries. From this time until 1933, the method of social action was believed

(Continued on page 17)



David H. Ives

"... the most memorable occasion of my life. If possible, I shall attend the Intercollegiate School of 1956."—Lucille J. Lasnier.

"I appreciate the honor very much . . . shall try to attend the School of next year.—David H. Ives.



Lucille J. Lasnier

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Richard A. Thomas, Pueblo, Colo.; Pueblo College '58.

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Eva M. Scott, Wolfville, Nova Scotia; Acadia University.

Charlotte J. Shivvers, Knoxville, Ia.; Cornell College '57.

FIFTH HONORS — \$25.00

Mary Bongirno, Pueblo, Colo.; Pueblo College '58.

G. LaMont Christensen, Salt Lake City, Utah; University of Utah '55.

Alan P. Cunningham, Pueblo, Colo.; Pueblo College '58.

John Dalrymple, Des Moines, Ia.; Cornell College '57.

Kathleen A. Dennis, Brookdale, Manitoba; Prov. Normal School '53.

Aubrey L. Forrest, Lincoln, Nebr.; Nebraska Wesleyan University '56.

Richard A. Kalish, Cleveland, Ohio; Western Reserve University '56.

Hee Ho Lee, Seoul, Korea; Lambuth College, Tenn.

Stanford Ruggles, Marion, Ohio; Findlay College '57.

Clayton Sordahl, Oklee, Minn.; Bemidji State Teacher College '58.

Honorable Mention Including Scholarship Awards

Mary Abair, Kalamazoo, Mich.; Western Michigan College '57.
Marion E. Allen, Winnipeg, Manitoba; Provincial Normal School '55.
Carol Bowers, Atlanta, Ga.; Queens College '58.
Louise E. Cassel, Souderton, Pa.; Bob Jones University '56.
June E. Cooper, Corner Brook, Newfoundland, Acadia University '57.
Ian H. Donaldson, Halifax, Nova Scotia; Acadia University '58.
John R. Dunham, Findlay, Ohio; Findlay College '57.
James L. Emington, E. Tawas, Mich.; College of Education '58.
John S. Flannery, Opelika, Ala.; Polytechnic Institute '55.
Jan A. Headlee, Columbus, Ohio; Otterbein College '58.
Herbert C. Hoover, Westerville, Ohio; Otterbein College '55.
J. Bernard Horne, Fayette, Miss.; Millsaps College '57.
Ann L. Horner, Exeter, Nebr. Nebraska Wesleyan University '58.
Lois E. Jaynes, Sioux City, Ia.; Bob Jones University '56.
Celia H. Jones, Cedar Rapids, Ia.; Cornell College '55.
William D. Jones, St. Johns, Newfoundland; Memorial University '55.
Edwin C. Kienzle, E. Sparta, Ohio; Otterbein College '57.
Inamae De Korne, Grand Rapids, Mich.; Calvin College '56.
Roy C. Lundin, Evanston, Ill.; Northwestern University '57.
William M. McKee, Superior, Wisc.; State College '57.
Nancy A. Martens, Mora, Minn.; Northland College '58.
Glenn Meeter, Racine, Wisc.; Calvin College '55.
Harry Mennega, Grand Rapids, Mich.; Calvin College '55.
Joyce D. Merrick, Wolfville, Nova Scotia; Acadia University '58.
Leonard A. Price, Ogdensburg, N. Y.; St. Lawrence University '56.
Duane Schroeder, Loyal, Wisc.; Wartburg College '58.
2/Lt. George W. Small, Ottawa, Ontario; University of Alberta '55.
Betty South, Salt Lake City, Utah; University of Utah '55.
Ken Starck, Windsor, Colo.; Wartburg College '56.
Shirley I. Stone, Ogallala, Nebr.; Nebraska Wesleyan University '58.
Ann Tibbett, San Antonio, Texas; College of Arts and Industries '57.
Mary Van Den Bossche, Baldur, Manitoba; Prov. Normal School '55.
Clarence Walhout, Muskegon, Mich.; Calvin College.
Jean S. Yarwood, St. James, Manitoba; Provincial Normal School '55.

JUDGES

*Rev. Stanley Matthews, Director of Public Relations, Ohio
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*Mrs. Mildred Linton, Catalogue Division, University of
Toronto Library, Toronto, Ontario*

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Editor NEWS COURIER, Newark, N. Y.*

"Every Year at Enrollment"

Drinking Is Not A College Institution

By Inamee De Korne, '56,
Calvin College, Grand Rapids, Mich.

MILLIONS OF PEOPLE are mistaken. Millions of people are content with being mistaken. The mistaken millions believe that present day college fellowship ought still be expressed in the old beer-stein manner. Their belief, which many choose to regard as harmless sentimentality, is actually a dangerous illusion. Beware of this illusion.

In appearance it is pleasant enough. It presents the picture of clunking beer steins and drinking songs popular over a decade ago.

Gentlemen songsters off on a spree,
Doomed from here to eternity.

In college, it says, you will drink toasts to great men and the great men of tomorrow. You will slap your friends on the back and become accustomed to feeling accepted and important.

Each year this illusion stands in the line with prospective students at enrollment. It may not be evident on the surface. Only a few will carry the equipment in their suitcases. But it will be there. One individual will anticipate such a scene as proof of having been accepted, another as the measure of his impact upon his classmates. Some of the sidelong glances at another in line ask, "Will you and I ever offer a toast to each other?" Such an expression of fellowship is outdated. Yes, it does have a place in academic histories, but not on today's campus. That it is done by a minority who splinter into separate groups certainly does not make it representative of typical college activity. It may indicate that such and such a percentage of students indulge in drink; it may prove that drinking is not in absolute disfavor, but it does not prove drinking to be a college

institution.

Colleges today offer a healthy, clear atmosphere for fellowship. Collegiate and intercollegiate sports, as well as extra curricular activities, provide opportunities for constructive cooperation and enjoyment. The major interests of students are understood and given a place for expression. School spirit is manifest at basket ball games and debates, in singing or in articles written for the college paper. (Those students sitting in a corner with their glass of beer were born a hundred years too late. They are not the accepted and important leaders on today's college campus.)

Could it be that the old sentimental illusion is the foundation of that drinking party? Isn't it composed of those same persons who were looking for drinking companions already in the line at enrollment? Their notion, remember, was that drinking with others would prove them popular and important. There they sit off in a corner with their beer glasses while the rest of the students busily work around them. The athletes are admired for not breaking training, and the clear thinking students are esteemed important. How is this! They didn't expect this at all.

Wake up, you contentedly mistaken. You are responsible for this. You heard what they said. They said they didn't expect this at all. You know why. You've filled their heads with ideas about drinking being a college institution. You made them believe that it's just as easy as raising a beer stein. But you never prepared them to see that college contains constructive elements. People work in college too, you know.

Every year at enrollment time some people stand in line to become victims of that old illusion. Confusion and insecurity when they find the situation to be quite different prevents them from putting their best foot forward at the very beginning. Some will realize the error in time to correct it by re-evaluating college life. Others will wonder why their classmates aren't influenced by the spell of the old beer stein. Others will become failures for eternity, and they will have your romantic sentimentality to thank. Lord, have mercy on them all.

Drinking In College

By Stanford Ruggles, '57,
Findlay College, Findlay, Ohio

RENÉ DESCARTES in his "Rules for the Direction of the Mind" said "There is a need of a method for finding out the truth." So let us follow his advice and use a form of organization in dealing with the subject "Drinking in College." Three questions come to our minds at this point:

1. Is there a college drinking problem?
2. What are the causes for college drinking?
3. What is the solution?

The Center of Alcohol Studies at Yale University asked the first question and found that there is no single drinking pattern dominant in our colleges. Straus and Bacon in their book **Drinking in College** pointed out that only about 3 percent of the male drinkers reported their college rooms as the usual place of drinking, and less than 3 percent reported the fraternity or sorority house. It was also stated that among the women users only one percent drank in their rooms, and about 5 percent in the fraternity or sorority house. The Yale Studies showed that for the majority of college students drinking does not start in college, does not take place within the college, and shows no dominant collegiate pattern.

Albion Roy King has stated that there are two psychological effects of drinking that are more alarming than the statistics. They are, first, the pride with which drinkers commonly consider that habit and second, their emotional resistance to serious study of the alcohol problem. It is clear that this attitude can and does cause many direct and indirect complications within the college.

From this realistic point of view let us consider the second question. Dr. Selden D. Bacon in **Alcohol, Science and Society** says that the individual in the com-

plex society has a far more formidable task in integrating himself to groups and ideas in a satisfying way and belongs to more specialized, less personally satisfying associations. Bacon pointed out that the excessive use of alcohol can more rapidly and thoroughly destroy such participation in complex societies than it can in the simpler, more general groups of primitive societies. We can easily see how the power of alcohol to deteriorate personality is thus enhanced in complex society. This does have a direct bearing upon those college students, no matter how few, who do drink because all students are placed within the very heart of our complex society.

Another important cause relating to drinking in college was stated by Dr. Walter R. Miles in **Alcohol and Man**. Miles said that when an individual has had the experience of promptly securing the comfort and joy of psychological escape simply by the drinking of alcoholic beverages, he readily adopts this procedure and follows it unless checked by social pressure or by an unusual degree of self-criticism. For the well-integrated college student the moderate use of alcohol may be a habit under control whose chief damage is in substituting effortless escape for the learning and use of strategy in meeting life's difficulties.

When we look for solutions to the drinking problem in college, we think, first, of education. Bacon stated that the universities have failed to act in many areas concerning alcohol and drinking. McCarthy and Douglas in **Alcohol and Social Responsibility** held that, to date, the subject of alcohol, drinking and related problems has, for the most part, been avoided in the college curriculum. It is clear that the colleges and universities can do a great deal by developing well-oriented and relevant courses concerning alcohol and present the material to the students in an objective, intelligent manner.

A dominant drinking pattern may not exist in our colleges, but if one student is maladjusted from the effects of alcohol there is a problem. The first step in the solution is education, "Ye shall know the truth and the truth will set you free."

Students Can Overcome It

By Eva M. Scott,

Acadia University, Wolfville, Nova Scotia

THERE IS CERTAINLY a college drinking problem today. Statistics show that 74% of present day college students drink. Think of it. Three-quarters of the educated, the intellectual population, the leading citizens of tomorrow are drinkers. How can our country be run wisely and sanely with important positions being occupied by persons dulled from the effects of liquor?

We are faced with a terrifying, malignant disease to which all are exposed. This disease, alcoholism, is the number four health problem in the United States. Perhaps some persons are immune, some are affected mildly, yet there are those who are maimed for life. This scientific age has discovered no way of being able to say to one man, if you drink you will become a sick man, and to another, if you drink you will find a mere fleeting pleasure. No one knows who will become the victim of alcohol, but it is found that most alcoholics come from the professional, highly skilled, and wealthy classes.

Therefore, the problem and responsibility lies heavily upon the college student. He must make the choice between drinking and abstaining. He must set the pattern and the ideal for his successors. He must decide what his influence will be on others at college and throughout life. This can be exemplified through an occurrence in a freshmen residence. A young man, a few years older than the normal freshmen age, was quite well liked and influential in many respects. One day it was discovered that this chap was brewing beer in his room for the purpose of having a party for his friends at the close of the spring semester. In his period of recklessness and indifference he could have been the means of starting innocent boys, who had idealized him, onto the road of alcohol.

We are truly our brother's keeper. In the case of alcohol we will stand in judgement for the actions of others influenced by us. For certainly alcohol is acquired not required. It is something we come by in imitating others.

Somewhere through the years our elders have been failing the students of today. Statistics show that most college drinkers began the habit in high school. It can be only concluded that this is the result of impressions, or the lack of impressions, in formative years. If a child has been reared in a surrounding where alcohol beverages were used freely, he will find it natural to conform when the opportunity arises. On the other hand a child may not be familiar with the use of alcohol nor be exposed to informative knowledge on the subject. With many people even the mention of the subject is taboo. Thus, this boy or girl will whet his appetite for the adventures of life without being aware of the dangers involved.

However, placing blame cannot correct the problem at hand, but it can prepare for the future. College students of today must realize that their's is the responsibility by precept and example, and that society will be patterned by their actions.

It is believed that the home can be more effective than the church or school in guiding a child into complete abstinence. In the near future our present students will become parents. What will be their attitude toward alcohol? What will they teach their children? If 74% or more of our students continue to indulge in the drinking habit, then we may tremble to think of what the percentage will be in succeeding generations.

Students at college level are for the greater part immature and adventurous, yet filled with idealism. If they were made to feel the tremendous need for the help which they can give, and that they alone are the only hope, there would be a response. If the subject were discussed openly and intelligently as a required course they could come to understand the folly and error of their ways. Then the attractive advertisements could not be

so appealing; "the man of distinction" could be the abstainer; and the popular crowd to follow could be the non-drinkers.

Yes students can be reckless and irresponsible, but once they have a good cause to fight, they can win the battle. To begin the fight against alcohol they must be equipped with the armor of knowledge. Let the universities give it to them!

*There IS no Solution
Or is there?*

Down The Chute

By Ian H. Donaldson, '58,

Acadia University, Wolfville, Nova Scotia

NO, THERE IS NOT a college drinking problem." A problem is a question or puzzle which may be answered or solved — supposedly with an answer. To the question of college drinking, as to community or national drinking, there is no answer. A certain percentage of college students, from coast to coast, will be intoxicated this Saturday evening. Another percentage will stare at their empty pockets and wish . . . The normal number of young lives will be crushed out as cars, operated by "loaded pistols," will ram into freight trains, express trucks, and telephone poles. More or less, the same number of parents' hearts will break when they stare at the marked bodies of their sons and daughters, lying side by side in death with row on row of green glass bottles.

Mothers and daughters will lock in each other's arms and talk quietly in bedrooms, their speech punctuated by spasms of sobs, as they discuss the girl's mistake in the back seat of "dreamboat's" car. In the West and in the East, boys, sharpened up in draped suits and pink shirts with bulges under the breast pockets, will commit crimes — from rape to armed robbery. And a thousand lives will be twisted, ruined, and pushed down the chute.

Next weekend, next month, next year, next generation, it makes no difference. The wheels of violence

and destruction will turn — driven by alcohol. But there is no problem; there is no answer.

What can be done to stop college drinking? In a word, nothing.

One answer might be to reduce the price of liquor to the present cost of soft drinks and sell alcohol in all drug stores, hash houses, and groceries. The country's population would proceed to "likker up," but soon the majority would become sickened and vow off it. A few would become alcoholics; we have them at any rate.

Following a certain period, liquor could be taken off the open market, the price increased to many times the present cost — five dollars for a sixteenth-pint of beer, for instance. The alcoholics would dive off the nearest skyscrapers and the sickened population would live happily and soberly ever after.

This, of course, is no answer. Crime would be on the increase as the trembling bodies of the alcoholics slipped through windows and crept in the dark to steal the price of a "crock."

A second solution might be to ban the use of liquor entirely. Destroy it! Demolish the liquor stores and taverns. This would never succeed. The "rum runners" would be back in big business; bootleggers would crop up all over the country; the "boys" would manufacture their own "booze" out of everything from rice to shoe polish; many people would evacuate the country to take up residence in "hooch-soaked" countries. Again: No answer.

In colleges, as far as drinking is concerned, there is also no answer. Some universities permit drinking at their functions; others do not. Those that don't have the most trouble. They tell their students they cannot drink so the students stagger about intoxicated a good deal of the time. This is natural and to be expected. They tell us we can't, so we will, is their attitude. The student, male or female, who walks by the dean's quarters waving a half-empty ale bottle is a hero.

In a college where alcohol is not such an unpardonable sin, such a student is just another drunk wasting his

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College Drinking: Is It Unique?

By Aubrey L. Forrest, '56,

Nebraska Wesleyan University, Lincoln, Nebr.

CAMPUS JOKE MAGAZINES often feature jokes and cartoons about the campus drunk. College drinking songs seem to suggest that drinking is the major college activity. And everyone laughs about how funny Joe was the other night when he had to be helped into bed because he couldn't tell his bed from the closet.

Sure, we're college students and **we** know college students drink, but, so what? Wasn't student drinking common in the founding days of our country? Weren't beer and wine served regularly in dining halls? And don't Straus and Bacon in the Yale studies tell us that "any stereotype of wild or heavy drinking applied to college students is utterly unreal so far as the evidence from these colleges and students is concerned? Haven't these same professors gone on to show that what drinking there is, is not worse than, or even different from, the drinking of the youth of the community-at-large?

Besides all this, isn't it true that 79% of the men drinkers and 65% of the women drinkers started drinking **before** they arrived upon a college campus? If the answer to the above questions is "yes," why, then, is there so much concern and publicity given to the fact that college students drink?

This is why; every year the colleges and universities of the United States receive the "cream of the crop" of future social, political, religious, and cultural leaders, and the very fact that the drinking pattern **is** unlike and not apart from community drinking the item that is really disturbing.

It seems to me that the college campus should be the type of social community that will be most conducive to the development of this leadership.

There is no reason to reiterate, here, the drinking problems, such as, mental illness, automobile accidents, etc., which are common both to the community-at-large as well as the college community, however, there are two problems which are unique to the college society that I would like to point up. Both grow out of the fact that the college is the place where the future leaders are being trained for a society which so sorely needs good moral leadership.

The first problem is concerned with college drop outs. College social and academic life is highly competitive and there is always that large group of students who have difficulty in making the grade. According to Albion Roy King in an article called "Alcohol in the Colleges," appearing in the July 18, 1951, issue of the **Christian Century**, it is this group which is hit the hardest by college drinking. It is this group who take a certain pride in their drinking in an effort to boost their ego.

But according to Straus and Bacon, three-fourths of all college students feel a loss of respect for anyone who drinks to a high degree. So certainly there is nothing to be gained in the social aspects of college life through drinking.

As to the academic phase, an article entitled, "Educational Characteristics of Alcoholics," by Dr. Morse P. Manson in the March, 1950, issue of **Quarterly Journal of Studies on Alcohol**, gives an indication that alcohol and college drop outs probably have a direct correlation.

Obviously, leaders cannot be trained by colleges if students drop out or if they do not become socially respected.

The second problem is concerned with those drinking students who do graduate. According to a study by Spalding and Montague and called **Alcohol and Human Affairs**, alcohol in any degree definitely does impair good judgment, which is the primary requirement for effective leadership.

It naturally follows that the college community which has drinking is not a community which is conducive to the development of effective moral leadership.

Thus I think it can be seen that a drinking problem does exist within the college community and is a unique problem. It exists basically for two reasons, according to Albion Roy King: (1) a pride in the habit and (2) an emotional resistance within the college community to any objective study of the problem.

I think there are two principle forces which can create a desirable college community which can effectively combat the drinking problem. The first is coercion and discipline on the part of the school administration. This will not be too difficult on the campus of the private colleges because they can set up any rules that they see fit. It will, however, be very difficult to accomplish on the campuses of our public colleges and universities because the rules observed on the public campus cannot be much stricter than the rules enforced upon the public at large.

The second force is student opinion, without which, administrative discipline would only serve to deepen the problem. Student attitudes can be developed in four ways: (1) through education on the effects of alcohol, (2) through student participation in making and understanding drinking rules, (3) faculty counseling, even after graduation, and (4) through discussion groups such as the "campus clinics."

These two forces, administrative discipline and student sanctioning and support of non-drinking rules, will make the college community a more effective developer of morally responsible leadership.

IS DRINKING IN COLLEGE A PROBLEM?

(Continued from page 4)

to be that of prohibition. This can be seen in the "dry" laws of Maine in 1846 and the 18th amendment to the Constitution which lasted from 1920 to 1933. When this method of social action failed, the realization or belief that the social situation and the social value may be reconciled by group action did not die. Recently, more stress has been laid upon the drinking in college phase of the problem. Educators, and sociologists, especially,

have acquired the attitude that a reconciliation can be reached through the medium of the educational process. As Strauss and Bacon have stated, "It is our belief that the colleges, together with the high schools and universities, can fulfill a highly significant function in aiding our society to achieve a firmer, more effective, and better integrated morality concerning drinking and its related problems."⁷

Once the American people can be made to realize that college drinking is a social problem, and must be scientifically solved, it is then up to them to sanction the application of the theories of reconciliation of the experts who should work with these theories until success is achieved.

DOWN THE CHUTE

(Continued from page 14)

old man's money.

Why do college students drink? Some do it because they like to. Some, to escape for a few drunken hours a pain in their tender hearts brought on by "lover" going to the dance with another. Some, just to show off and do something they couldn't do in front of the old man. Some, because they are under the impression they are having a good time. Some, to gain nerve for one thing or another. Some, because it is something they have never done before. Some, because it is the "thing to do"; some, through pressure; and others because they have a cold to get rid of.

Will it ever be stopped? No. Allowing students to drink is a help but not enough. Tons of literature, hundreds of thousands of posters, and miles of motion picture tape have accomplished nothing. Students breathe, students smoke, students have biological urges. And students drink. And they will always drink because of one reason or another. And they will always suffer the hardships and disaster that live in every bottle of alcohol.

Search forever, there is not answer. Thus, there is no problem.

Just push them down the chute.

This College Drink "Problem"

By Brooks Hudson, '57,

Millsaps College, Jackson, Miss.

TODAY, more than ever before, both in the "bull session" and in the classroom, one hears the term, the college drinking "problem." Just what is this "problem," and can it fairly be considered a problem? There are many definitions, but in this essay I shall use the one which, to me, seems to give the true picture: a situation in which a student's drinking habits interfere with his scholastic, social, and religious life.

The term "drinking" is a rather loose one. Some consider a weekly beer as a basis for frequent use of alcohol, whereas others consider the drinker and the drunkard in the same class. For the criterion of college drinking, I wish to use the weekly use of any alcoholic beverage by a college student.

The overall effects of drinking on scholastic work appear to be small. In a recent survey of drinking on a small Southern college campus, it was found that only two of thirteen users surveyed were rated in the lower third of their class. This small percentage seems due to the fact that very few students drink in the dormitory at any college, but tend to frequent taverns and night clubs on weekends only.¹

This fact might be reversed if the student was a confirmed alcoholic, but a very small percentage of students are in this category. In fact, a relatively small percent of college students drink to "get drunk," but tend to drink "for the taste," and other social-centered reasons.²

The average student takes a rather dim view of prolific drinking for several reasons. First, by study or experience, he finds it hinders his athletic ability. Second, he realizes the mind-dulling effects of alcohol on studying. Third, he recognizes the general objection of the faculty to drinking and their regulations against it, and with the motives of loyalty and possible punishment,

he tends to not allow drinking interfere with his scholastic activities.

The customs of society are determined by its norms, and the college student seeks to conform to these customs. Straus and Bacon found in a 1947 survey of twenty-seven American colleges that the usual reasons for drinking, such as to escape reality and to ease pain, are found in a less degree in the student, but rather drinking is done to achieve a sense of gaiety, for the taste of the beverage, and to achieve "sociability," reasons which reflect the average student's attraction to social life. Drunkenness, for the most part, is viewed with disapproval or contempt.³

The college student will choose his circle of friends. If, in his group, drinking is condoned, he will merely fit into this pattern. If drinking is condemned, he will likely abstain. He will therefore be socially at odds with his society only if he violates its established customs, and it is unlikely that he will.

The religious homogeneity of college students makes it difficult to say whether it is morally "right" or "wrong" to drink. Catholics and Jewish congregations consider the use of sacramental wine necessary in their ritual, but among most Protestant groups, especially the Mormons, drinking is unfavored or often condemned. Therefore, the customs of the particular religious or socio-ethnic group will determine the degree of tolerance or intolerance of alcoholic beverages.

It would appear, then, that the use of alcoholic beverages in small amounts is not necessarily detrimental to the student. It appears to have little effect upon his scholastic work, does not alter his social life, and does or does not affect his religious life according to his faith and its doctrines.

However, drinking in college may well lead to drinking after college, when the desire to achieve gaiety may be replaced with the desire to relieve anxiety, to escape

¹ Straus and Bacon, *Drinking in College*, p. 121.

² *Ibid.*, p. 113.

³ *Ibid.*, p. 71.

reality, and, finally, to produce isolation in a dream world. This is the possible result of early drinking, and unless the individual can master himself and his situation, he had best drink coffee.

To Change those Customs

Social Customs And College Drinking

By Richard A. Thomas, '58,
Pueblo College, Pueblo, Colo.

OUR ANCESTORS established many social traditions that have lasted through the centuries and helped make our United States a great nation in the world. However, there are some recently established social customs that have destroyed more homes and have caused more human suffering than all the wars in the history of the human race. These are the customs which play the important part in regulating the alcoholic habits of the people.

During the past few years social customs have created a drinking problem that is beginning to threaten our colleges and universities. Recent investigations and surveys have revealed several important facts concerning college drinking. These facts include the following: the drinking habits of college students are relatively conservative at the present; people of the same age group, but not in college, have somewhat heavier drinking patterns than students; college drinking seems to be increasing slightly each year.

From these facts it seems evident that college drinking may be classified as moderate, but it also suggests that if the drinking continues to increase, there may be a definite problem within the not too distant future.

Public opinion is very hard to change, but changing it is the best way, and perhaps the only way, to prevent a college drinking problem. The correlation between col

lege drinking and public opinion is more easily understood when we take into consideration the fact that social pressure and social customs are controlled entirely by public opinion.

Moderate drinking is practiced by the majority of all those who drink alcohol, and the majority of the moderate drinkers drink merely because of social customs or social pressure. Included in this group of moderate drinkers are millions of parents whose children are either in college now or will be in the future.

The vast majority of drinking students, approximately nine out of every ten, in the different classes of college drinking, come from a home in which comparable drinking habits are practiced by the parents. Three out of every five of the non-drinking students come from a home in which the parents refrain from drinking.

Now the relationship between college drinking and public opinion is evident: students seem to drink because their parents do; the parents drink chiefly because of social pressure and customs; and the social customs are regulated by public opinion. But what controls public opinion?

The opinion of the public today has been molded by a unique device which is employed by alcoholic beverage distillers throughout the world. In the United States alone, this device costs approximately one and a half million dollars annually to operate. The device is propaganda. It has twisted and distorted the facts about alcohol to the extent that people think they must drink to be stylish. They feel that, as a host, they must serve alcohol; and as a guest, they must drink alcohol.

This propaganda has done such an excellent job in warping the public opinion that since the repeal of national prohibition, Americans have spent sixty-five billion dollars on alcohol. It is interesting to note that during that same period, only thirty-seven billion dollars was spent on education.

To change the public opinion concerning social drinking, we must declare war on propaganda; our weapon will be truth. It will entail individual as well as collective participation in a nationwide campaign to re-educate.

cate the people. They must know and understand the facts; they must learn, through newspapers, magazines, pamphlets, books, and word of mouth, that alcohol is a threat to mankind. This is no small undertaking; it may take years, but it must be done.

The end which we are seeking is not only to prevent a future college drinking problem, but to prevent a possible national drinking problem. The means by which we hope to accomplish this feat will be changing public opinion by presenting the true facts about alcohol. The justification speaks for itself.

Preparing to take Responsibility

Social Responsibility And Higher Education

By Richard A. Kalish, '56,

Western Reserve University, Cleveland, Ohio

I CAN'T HELP IT, you know," he said, "I'm merely a product of my environment. I guess you might say that I drink because I'm a result of the anxiety and tension of the society around me." These specific words have never been said to me by any one particular person, yet their meaning has been communicated to me many times. The glib use of contemporary psychological determinism has been utilized by many individuals, both students and non-students, as an excuse for many personal weaknesses, not the least of which is drinking to excess.

It is commonly recognized by psychologists and sociologists, and regularly accepted by the layman, that each individual personality is partially a function of the social forces around him. Some go so far as to say that the individual can be understood only in terms of the social forces, group values, and other environmental factors; others emphasize the internal psychological

structure; still others look upon man as a mass of chemicals or a jumble of nerve fibers; another group gives more import to such factors as the will or the conscience. Regardless of the view taken, no group today will reject the concept of social forces as being a vital one in the behavior influences of men. Yet, because of the rapidly rising understanding of man as a social being, this same view is used to avoid taking personal responsibility for weakness, but to pass the responsibility to society as a whole.

The college undergraduate, with his recently acquired awareness of social forces, is often naively prone to accept this excuse from personal responsibility. In his haste to show his new sophistication through behavior, he avoids solving the larger problem of right and wrong, and satisfies himself with the intellectual problem of trying to understand the circumstances of his present situation. It is obviously unfair to belittle the need for intellectual understanding of the self and the environment, but neither is it fair to underestimate the need for individual responsibility.

The individuals who drink as an escape, however temporary, from economic deprivation have been widely discussed; the individuals who drink to escape from unhappy family life have also been investigated; the individuals who drink as part of a social act have been studied. But the newer phenomenon, the individuals whose education has exposed them to the scientific and sociological without exposing them to morality, these individuals have been ignored.

It becomes, therefore, not a matter of whether drinking in college remains a problem, but how learning in college provides the basis for an insufficiently developed personality that allows for later excessive drinking. Nor is the hypothesis of this paper that colleges should teach students not to drink, for that is another problem, but that college should prepare students not only with the appropriate knowledge, but with the understanding of the importance of taking personal responsibility for one's own actions.

Drinking In College

By Hee Ho Lee, Special

Lambuth College, Jackson, Tenn.

I. WHY DO THEY DRINK?

There are long-standing precedents for college drinking. The oldest colleges accepted drinking from the time of their founding as a normal and natural element of campus life. In the 18th century it was commonplace for colleges to have student canteens, called "butteries" where supplies and beer, wine, and liquor were sold. Harvard ruled in 1734 that undergraduates were not allowed to have hard stuff in their rooms, but still served beer and wine in the dining halls.

This attitude was not irregular or unique. It simply reflected the manners and customs of Colonial society.

Today the pattern of college drinking is still being determined by social pressures.

It is said to be a stimulant; so some students drink when they feel a need for a stimulant. Scientific investigation has proved that alcohol is not a stimulant, but an anesthetic.

It is used as a medicine, perhaps on prescription of a doctor, often without a prescription.

Some people drink because of certain inner needs. They may be frustrated in what they want to do, or what they had hoped to become. They may be overwhelmed with sorrow or disappointment, so they decide to drown their feelings in drink. They may have a very low opinion of themselves and their own ability. They may take to drink because they are told alcohol will help them feel that they are somebody. That is true, but alcohol may also keep them from ever developing their personalities.

Such persons usually lack independence and self-confidence. They find it hard to think and act for themselves. They cannot make their decisions.

There is the student who learns to drink at home. His

parents drink liquor at all social functions. They don't mind his drinking, though they hope he will learn to drink like a "gentleman."

Drinking may be almost forced on a person at celebrations like weddings, banquets, cocktail parties and the like. There will be more and more temptation to ease these tensions through the use of alcohol.

Moreover, when the students give high rating to "complying with custom" as a reason for drinks, it turns out that they mean college social custom only partially.

The only real drinking exclusively identified with college is a bunch of the lads gathering round to hoist a stein and sing the old songs in an atmosphere of "all-male fellowship, a kind of conviviality that tails off sharply after graduation." But custom goes far more deeply than this. The survey reveals that four-fifths of the men and two-thirds of the women who drink began doing so before entering college. Twenty-seven per cent of the men and half the women had their first adult drinks in their own homes.

At the same time, more than 90 per cent of the students have been "advised" about the use of alcohol and almost half have been urged to abstain.

Parental advice, it may be reassuring to note, is most strongly heeded. Advice from teachers or clergymen is virtually ignored. In fact, there is a higher percentage of drinkers among students counselled by teachers and clergymen than among those who have never been advised at all.

Advice notwithstanding, 88 per cent of the students whose parents both drink are themselves drinkers.

And 46 per cent of the students whose parents are abstainers do not drink.

II. A NON-ALCOHOLIC WAY OF LIFE

It helps if a student learns to do a few things well and if he learns to do many things fairly well. The student who does not know how to do anything is more likely to get into trouble. Participation in many types of sports gives a well-rounded touch to life. The girl who does not know how to do anything but dance and and go to a movie misses so much of life. If she is a good

swimmer, skates and plays softball, she has many more opportunities for enjoying life. If she learns to do one of these with unusual skill, her personality is fed a satisfying diet. Playing a musical instrument well enough to play a solo is helpful to the personality.

The cultivation of a hobby will absorb much of the time with pleasure and profit.

If students go in for these interests and activities, they will feel no need for alcohol.

"The Christian Philosophy of Life"

A successful life, one which feels no need for alcohol, must be built on a sure foundation if it is to endure. The Christian philosophy of life provides that foundation.

The Christian faith helps youth, college students, to meet life successfully in many ways.

Licking the Crises of Life

Moderation And Abstinence

An Ethical Problem

By David H. Ives, '55,

Cornell College, Mt. Vernon, Iowa

THE COLLEGE drinking problem set apart from that of broader society as a whole is a non-existent entity. The motivations which cause men to drink in most phases of the total social system are the same motivations which prompt college students to partake of alcoholic beverages. To be sure, the student is at the age when most people begin drinking, and the release from the orbit of the parental eye makes this easier in cases where either one or both parents do not condone drinking. However, in an age when job opportunities in areas away from home, military training, and ease of transportation to cities away from the home town, are commonplace realities, the same people would be drinking whether they were college students or not. Among the principle motivations for drinking are:

1. The desire for social acceptance in a society which

sanctions drinking. The reluctance to risk offending friendly people who offer drinks as an expected social device;

2. Relaxation from the build-up of the tensions which none of us may escape in life's modern pace;

3. At least temporary escape from the hardships, the monotony, and the disappointments of daily life.

These are basic needs of human beings in general, and college students have no greater reason to seek release from these needs in bottled form than have people in the more general case.

Now, if the college drinking problem cannot be separated from that of mankind as a whole, we must then explore the merits or evils of alcohol as they have effect upon greater society in general, rather than upon college students in particular. Science gives us the facts as to the physiological and psychological effects of ethyl alcohol upon the body and intellect. To some, (mostly abstainers) scientific information regarding the deleterious effects of the persistent use of alcohol upon the body settles the question. From a purely rational viewpoint perhaps it does. However, man is not a purely rational animal, but a bundle of desires, motives, drives, and instincts, all covered over to a greater or lesser extent by a protective veneer which covers up the personality beneath from prying eyes. His drinking relates to some phase of this covert personality and the use of alcohol for its narcotic or anesthetic properties. Thus, drinking is lifted from rational analysis into consideration as an ethical and moral problem.

Nearly everyone will agree that excessive drinking is wrong, and therefore the consideration may be narrowed to a comparison of moderation and total abstinence as a moral principle. The moderationist is faced with the problem of maintaining strict moderation in a world in which emotional stability and control vary tremendously from individual to individual. While there are those people who can drink an occasional beer or two and limit their consumption to that, there will always be others who cannot control their will and fall into exces-

(Continued on page 31)

Alcoholism And College Students

By G. La Monte Christensen, '55,
University of Utah, Salt Lake City, Utah

“THAT'S ONE THING you don't forget—your own father trying to murder you!”

Those words, uttered to me by the daughter of an alcoholic over a year ago, still ring in my ears. I never hear the word “alcoholic” or see a glass of beer that I don't recall the pitiful scene described by this young girl.

She awoke one night to find her father standing over her with a butcher knife—a knife which very surely would have been plunged into her body had not the mother intervened.

Such a thing is unbelievable by most of us. According to competent authorities, there are an estimated 4,000,000 alcoholics in the United States. This means that there are probably 20,000,000 people, nonalcoholics, among whom these alcoholics live, who are more or less seriously affected by the alcoholic's behavior. In other words, the above scene might be all too common.

Mrs. Mary Mann, Executive Director, National Committee on Alcoholism, says it “is a disease which manifests itself chiefly by the uncontrollable drinking of the victim, who is known as an alcoholic. It is a progressive and often a fatal disease . . . if it is not treated.”

First, according to a survey made during 1951 in five representative Utah schools, drinking because of social pressure was the overwhelming choice of reasons for drinking. In order of their importance, the other three reasons checked were: 1. To increase gaiety. 2. To forget troubles. 3. For physical benefits.

According to the Utah study, 28 per cent of 134 grade 10 students started drinking at age 12 or younger. These data reinforce the idea that greater emphasis on education about alcohol and its associated problems should be placed in the junior high schools instead of waiting until the senior years.

A study made by Robert Straus and Selden D. Bacon, Yale University, showed that four out of five men and two-thirds of the women students started drinking before entering college. This indicates that high school is where most drinking originates.

Perhaps the most important revelation of the Yale study was that of parental attitudes and example. It was a clear indication that the example of parents is of vital importance and has a significant relationship as to whether or not their children use alcoholic beverages. It was further shown that parental example was more influential in the use or non-use of alcoholic beverages than that of education or religion.

The Yale study also showed that the students hadn't given much thought as to why they drink. Herein, I firmly believe, lies a clue to a solution of this problem of alcoholism among students (certainly, there is no **one** solution.)

We have seen that students begin drinking during junior high, that they are most influenced by their parents and that they **do not** know why they drink.

Then, the logical thing is for parents to supply their children a reason as to why they **should not** drink. This should be done early in life. If this were done (and if the Yale and Utah surveys are valid) it would be the greatest single factor in determining whether their children will or will not take the first of 13 steps on the road to alcoholism. These steps have been described by **Salute** magazine editor Morris T. Weeks, Jr.

This proposed solution reminds me of an incident that happened a few years back. My father, while atop a steep ladder, turned and found my four-year-old brother half-way up the ladder. Dad carried him to the bottom, only to find him back up again a few minutes later.

Dad then took a toy from my brother and dropped it from the top of the ladder. It lay on the ground, broken and useless. Next, he removed the first step of the ladder so that my brother could not reach the second.

By doing this, he removed all motivation of my brother to climb as he could see the subsequent damage to his toy. And, as an "emergency chute," he removed the

first step of the ladder.

By education the student early to the damaging effects of alcohol and by lessening the chance for his taking "the first drink," we remove his motivation for alcohol and also the first step on the "ladder of destruction."

MODERATION AND ABSTINENCE

(Continued from page 28)

sive drinking. The other problem to be faced by the moderationist is one of degree: after the first drink, where is the line between moderation and excess to be drawn? In social drinking what sanctions are to be set up regarding the limit of alcohol consumption? Since the purpose of social drinking is to "break the ice" and to relieve self-consciousness at a party or other social situation, the minimum must be set somewhat high to achieve the desired effect. Then, too, individual capacities vary considerably.

Drinking, according to Albion Roy King, is rarely an individual activity, but part of a social process. So, in an ethical evaluation of drinking we cannot disregard the effect of our drinking upon our companions. If my drinking in moderation leads a friend, who has less self-control, into association with a drug which is his downfall, I am morally guilty of his degradation. Thus I **am** my brother's keeper.

The use of alcohol for any of its attendant narcotic qualities for sake of social acceptance, loosening the tongue, or escape from emotional turmoil is mental and moral weakness. If alcohol is used as a crutch in times of stress, it will become indispensable after continued use. Everyone has certain weak spots in his personality, and by forcing himself to develop them, they may be built up like the healthy muscles of the athlete. We can never hope to develop into the anesthetic oblivion of a bottle whenever we are faced with some sort of emotional stress. He is best able to overcome the major crises of life who has licked each of the smaller ones in turn without the aid of a distilled crutch.

"A Modern Approach To The Problems Of Alcohol"

By Harry S. Warner, L.H.D.

A "NEW EMPHASIS" STUDY and all-over view of the problem—and problems—of beverage alcohol as a whole; its sources and influence in daily living—on personality and in culture; the urgent need for an over-all understanding; for an adequate program to meet **all the basic sources**; a preliminary suggestion of such a program based on scientific and educational understanding.

WHAT THEY ARE SAYING

"... the most penetrating and constructive analysis of the alcohol problem I have ever read..."—WAYNE W. WOMER, Secretary of Alumni, Yale Schools of Alcohol Studies; Executive Secy. Va. Church Temperance Council.

"This summary... distills the essence of what has been learned from research and observation during the past half-century. The thinking is comprehensive... the facts accurate... the conclusions balanced and mature... sure direction for a future advance to educators, legislators, and social workers..."—DR. GEORGE A. LITTLE, Secy.. Beaver Lodge Camp for Alcoholics, Ontario.

"It is the best, most concise, and complete analysis of the problem I have seen. It expresses my analysis and viewpoint."—DR. ANDREW C. IVY, Vice President, University of Illinois, Chicago.

"I had not seen anything as brief and at the same time as inclusive... It is in harmony with the philosophy of alcohol education that you have expressed so forcefully in the book, (The Liquor Cult and Its Culture)... I am not given to flattery and I want you to accept what I am writing at face value. Thank you for doing the job."—DR. EARL P. ZEIGLER, Philadelphia, Editor, Presbyterian Board of Christian Education.

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THE
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NOVEMBER
1955

STUDENT

- And Digest of Alcohol Studies

In This Number

Seeking Unity of Attitude and Program

An OVERALL APPROACH Inspired by
University Leadership

To Young Adults and College Students
At the High School Level

Among Younger Teenagers

In Community Organization

Broward Hall, University of Florida,
Gainesville, Fla., (See page 36)



Democracy
is something
deeper than
liberty; it is
responsibility"

THE INTERNATIONAL STUDENT

November, 1955

Vol. 53, No. 2

Toward A Climate of Sobriety

OUR THOUGHT is the developing of a climate in society from which a sober life is a natural outcome—a life not necessarily easy, but natural.

That means the education of a nation. That sounds simple . . . but there are times when my spirit quails before the magnitude of the task that faces us as we try to find our way “toward a climate of sobriety” . . .

Modern conditions offer a poor beginning place, but there isn't any other. Right across the Continent we should be living in a climate of much greater sobriety than we know today, if only we could stick together on a principle.

There is room for all sorts of people provided they are honestly concerned about the alcohol problem and are in earnest about doing something to solve it. Let's begin to take this thing a step at a time, then understand what the next shall be.

—ALBERT JOHNSON, Toronto, Ontario.

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Seek Unity Of Attitude And Program

By Dr. Carl S. Winters

From an Address in Chicago
September 27, 1955

ALCOHOLICS ARE MULTIPLYING many times faster than A.A. and all other rehabilitation groups can salvage them.

It is high time that scientific researchers, social workers, religious leaders and institutions, and law makers join hands in a basic program which will be soundly scientific, basically religious and socially effective to turn back the liquor tide . . . This must be a combined operation because the largeness of our task demands the unity of our team.

The most serious facts about this problem are:

- Alcoholism is a major factor in the death-dealing, life-crippling, mass-murder on our highways.

- Alcoholism is a major factor in our broken homes and our divorce-ridden society.

- Alcoholism is a major factor in juvenile delinquency, the crimson parade of crime, and bar-room politics.

- Alcoholism is a major factor in corrupting the tastes, undermining the standards, and breaking down the ideals of multitudes of Americans, which in turn renders them incapable of making the wise choices and standing for the high principles which have made America great.

Many magnificent individuals and institutions like our psychiatrists, ministers, churches, rescue missions, Alcoholics Anonymous, clinics, have done fine work, but the alarming fact of this growing evil makes it obvious that our present effort is not enough.

An Overall Approach In Florida Under University Leadership

DESIGNED TO AFFORD "training for leadership for a more effective educational program in the home, church, school, and community concerning the alcohol problem," two institutes or workshops at two leading universities of Florida in July offered the citizens of that state, and the rest of the country, an illustration of the interest now being taken by higher education in the problems of drink in modern society.

Open to community leaders and church and school educators, these workshops at the University of Florida, Gainesville, and the University of Miami, Coral Gables, were conducted as an extension project of the state university. They demonstrated an approach that is new and highly significant, for it has within it the possibility and technique for the education of public opinion that may well go far beyond the conventional approach which is usually made to these controversial questions.

Total Home Scene as Basis

And this, for one reason in particular: That in addition to the scientific and other lectures and exhibits usual in educational conferences relating to alcohol and narcotics, these workshops gave a major place to statements on "What beverage alcohol and narcotics are doing in our community," by the local men and women who have most direct experience with these problems in

These workshops were conducted by the General Education Division of the University of Florida, Gainesville, with the cooperation of the College of Education and the Evening Division of the University of Miami, Coral Gables; the Florida Cooperative Committee on Beverage Alcohol and Narcotics Education; the United Christian Action, Inc.; and the Florida Council of Churches.

each community. Coming from local leaders, these daily panels—seven to ten speakers and a moderator in each—brought various viewpoints and a sense of rough experience to the discussions. They made each three-day session realistic.

Among the participants in the four panel discussions that featured the two workshops were **a juvenile court judge**, showing how intimately alcohol is related to the juvenile delinquents who come before him; **a county sheriff**, reporting on liquor and law enforcement; **a highway patrolman** with a vivid picture of highway accidents and tragedies; **a public school superintendent** relating the progress being made—and the need—in public school teaching on the problem; **a high school coach** with his story of drinking and athletics; **a state school official** with a report from the public schools; **a public health expert**, showing the relation between alcohol and health and progress in the treatment of alcoholics and alcoholism; **an Alcoholic Anonymous** with the human realism of his personal experience and rehabilitation; **a representative** of the Florida Congress of Parents and Teachers; a highly experienced **leader of university students** with a discussion of student drinking, attitudes, and thinking; **officials of city church federations**; **pastors** from various denominations; and a **director of the new United Christian Action** movement of Florida.

These various aspects, brought together, sometimes with strongly differing opinions but a clear and concrete view of the fundamental facts of alcohol in the civic life and social culture of today as found in this typical state and community of America.

Enlarged Objectives

To lead the program of each three-day session from its beginning into definite educational plans and action, the first speaker set out objectives as follows:

- To obtain a better understanding of the extent and seriousness of the alcohol problem and its complexities.
- To become familiar with both historic and scienti-

- fic information, and the results of recent research.
- To discover, if possible, an effective basis for an enlarged educational program at various levels of age and growth and for different citizen groups.
 - To center attention on mature thinking and enlargement of a sense of responsibility among citizens for service, rather than on the "evils of drink" themselves.

To lay a foundation for better understanding of problems of alcohol and narcotics, especially alcohol and alcoholism, a special speaker, Dr. Harry S. Warner, General Secretary of the Intercollegiate Association, was the speaker morning and afternoon, and consultant in the adult discussion groups. The background information discussed included:

"The social tradition of beverage alcohol and other pleasure drugs."

"Making the findings of research known to the layman."

"Alcohol and public health; reaching the public through this approach."

"Objectives that a leadership training conference should seek to accomplish."

"Next steps in education regarding alcohol."

Tracing the social tradition of alcoholic drink to its origin in the primitive years of the race, and its continuation through the ages since, Mr. Warner brought out what sociologists now understand, that the custom thus established is the taproot of the problem and its many related complications. This continuing social approval today, as through the past, initiates drinking in adolescent years, and develops a habit that leads many, quickly or after many years, into heavy drinking and alcoholism. The trend toward alcoholism in the growing age span occurs most quickly, most clear-cut and seriously in those youth who have inner personality weaknesses, abnormal sensitiveness, frustrations; those who have had unhappy homes, neglect in childhood, who inherited deficiencies, mental or physical.

But also, it was made clear, that while 45% to 50% of the alcoholics today are such mainly because of these personal conditions, the other 50% to 55% come through years of social drinking; also, that practically all, those with inferiorities and those without, accept the habit under social suggestion or pressure.

New Educational Factors

As a public health problem, alcoholism stands out as more prevalent than cancer or tuberculosis, and perhaps 100 times as prevalent as polio, yet it does not get the serious attention that is given any one of these other sicknesses.

Other speakers, using recent films and charts, brought out substantial scientific information in forms particularly useful in school and local community education.

This basic information was discussed and digested in two-hour daily discussion groups. In these, all members of the workshop participated. Together they worked out plans, methods, and findings directly adapted to the taking of "next steps" in community groups, churches, schools—primary, intermediate, junior, high school, and college—and especially among young adults and young parents.

The study of "the Organization and Administration of Alcohol Education Programs", under the lead of Dr. Bruce Thomason, Sociology, University of Florida, and James H. Bunch, Jacksonville, attorney, in a total of six two-hour sessions, looking toward the developing of a coordinated state advance in popular education on the whole problem and toward needed legislation, was a most significant part of the week.

An extended program was drawn up and placed in the hands of a continuation or steering committee, Prof. Troy M. Wakefield, coordinator, for presentation to a larger conference that would include an even wider representation of concerned interests for further study and action programs; this committee to be made up of representatives of all religious bodies and secular groups in the state, related to this problem.

The basis of this all-over program was given as:

1. Objective presentation of facts.
 2. Emphasis on the health approach, especially mental health.
 3. Cost of the destruction of property and life in highway accidents caused by use of alcohol beverages.
-

*Objective Yet
Realistic*

Young Adults And College Students

From Report At University of Florida

THE PROBLEM here is to discover an approach and standard for whatever needs to be done, to find a kind of education and program that will appeal to and interest young adults. This will include college and university students, young people of corresponding ages in church and civic groups, and teachers; it will seek to assist them in facing frankly the beverage alcohol problem. Necessarily any such program must come out of a sense of need which will seem very real in the lives of this particular group of citizens. It is believed that this can be done in the following manner:

1. By emphasizing in particular the latest scientific knowledge regarding the influence of the alcohol custom as we see it all around us today.
2. By examining the meaning of the Alcoholics Anonymous movement—the experiences of its members in bringing about the rehabilitation of thousands of alcoholics. Laymen and some of the ministers and the general public do not know very much about the function and the good work of the A.A.
3. By bringing into the group meetings of young adults, students, teachers, civic and church groups, representative men or women to tell their personal experiences as A.A.s when drinking and as A.A. workers.
4. By bringing out a sense of the human realism of the problem when it is discussed in young adult and college groups.
5. It should be emphasized that the home is the most

vital source of the life patterns of the future. Parents set the example. Most parents want the child to have the best; with this earnest desire they might well give up some material pleasures and luxuries in order to devote more time to their responsibilities as parents. All of this helps to provide a plan of work, the purpose of which is to prevent the beginning of the alcohol habit and custom.

6. The education of the individual members of the family can be done more effectively by encouraging young adults in college age groups to consider frankly the position of responsibility into which they are growing, or already occupy. They are the young men and women who face new opportunities with a sense of concern; they are leaders in their social groups, present or prospective parents of children; they are responsible for the results of their influence in the life of their community, state, church, school, and society. This leadership they naturally and necessarily assume; they cannot avoid this responsibility.

Why This Particular Emphasis

The importance of bringing beverage alcohol and narcotics education into the area of the young adult from student age to the approach of middle life, centers about the following:

The members of this age group are in that time of life when the sense of social responsibility becomes most important.

They are coming into their maturity for they are looking forward to the formation of families or have done so, and are developing their children to attend the school and church. The members of this group are for the first time realizing their responsibility not only to the members of their families but also to the community and to society at large.

Some members of the young adult group however do not mature—never get beyond the adolescent stage. It is important to face this fact, since many alcoholics are found among the undeveloped people of all strata of our population.

At The High School Level

From Report at University of Miami

THE CONCENSUS of this group was that the effective approach to the problem of drinking for the teen-ager is to help him to accept himself as he is and to grow to his best potential self. The boy or girl who is not at ease in his world is more likely to feel the pressure toward social drinking and to rely on alcohol to help overcome his feeling of inadequacy.

The high school age is characterized by: (1) A desire to go beyond the influence of the home and be independent; (2) the heavy value they place on the approval of their peer group; (3) the appeal of adventure and new experience. Because of this the role of the school, youth groups, camps, clubs, etc., is particularly important.

Definite suggestions included:

1. Workers with youth should encourage activities and groups which provide wholesome, creative and pleasant experiences in which boys and girls can learn the give and take of happy human relationships, including the social technique of refusing an alcoholic drink.

2. Facilities should be provided, including swimming pools, supervised recreation centers, parks, interest, and hobby groups, and organized sports where young people can plan and enjoy alcohol free companionship.

3. Adults should assume the responsibility of providing leaders for such youth organizations as scouts, 4H clubs, Church school classes, special interest and hobby groups, who are willing to learn about boys and girls and their needs, and should assist such leaders in securing the training they need for this challenging task.

4. Interested patrons and citizens will help to undergird the school teaching program if they will confer with school administration personnel asking whether the effects of alcohol are being taught, and offering to co-

operate in any way the principal or supervisor may suggest. Materials, films, library books, and scholarships for the training of leaders could be provided by organizations in the community.

5. Youth or youth-adult panel discussions bringing together civic leaders to discuss local problems relating to drinking may be planned either as part of the school program or by P.T.A. and other adult groups. The school psychologist or guidance counsellor should be used as a resource person where there is such a person on the staff of the school system. If there is no guidance person public interest may encourage the employment of a trained counsellor.

6. Boys and girls need an objective presentation of facts regarding alcohol to guide them in making decisions as to their own attitude toward drinking. This is the joint responsibility of the home, the school, the Church and the community.

a. These facts will be learned more easily if the teacher is alert to situations which make for learning readiness.

b. Teachers will do best as they integrate alcohol study with those subjects with which there is a natural correlation, such as biology, home economics, health, safety, social studies, personal problems.

c. This does not preclude the possibility of a special unit in alcohol study, but provides a background for better understanding of the material.

d. A visit to an open meeting of A.A. will acquaint young people with the problem of the alcoholic and help them understand the nature of alcoholism.

Facing the Problem

Young Peoples' Discussion Groups

From the report of an early teenage group

WE BEGAN our discussion with the question, "Facing a Problem". A person with a strong character and Christian environment can meet a problem and work out a solution to it with patience and understand-

ing. When one who has been growing in an alcoholic culture needs a helpmate, he turns to liquor as an escape. But when the numbness wears off, the problem is still there and it gets harder to solve the longer it is put off.

To understand an alcoholic it should be seen that he finds pleasure in alcoholic beverages, but only temporarily. He accepts it more readily because of the alcoholic culture he faces.

Alcohol is not a stimulant but a depressant; it numbs the sensory nerves and disrupts the nervous system as a whole. It first affects the frontal lobes of the brain and reduces the judgement, conscience, will-power, self-control, and eyesight.

The group gave their opinions as to why teenagers begin drinking:

- To be part of the crowd and go along with them.
- In order to be popular.
- Out of curiosity.
- For temporary enjoyment.
- For a false sense of power.
- Because it is socially correct.
- To escape present problems.

Smart people try to anticipate trouble and prepare for it ahead of time.

As Christians it is our duty to make our alcohol-free way of life so attractive that others will want it too.

To take the first drink is running a risk because it weakens judgment, will power, and self-control, and it is easier to take the second.

Some teenagers follow the example; monkey see, monkey do.

We should try to set up a program in school for teaching the value of life without alcohol and tobacco.

The government should show disapproval of harmful things and should enact legislation, a gradual clamping down. Also, teach the public the dangers so there will be less bootlegging when eventually an alcohol-free way of life is accepted.

Health departments could check the liquor stores more thoroughly.

Government officials should set an example and provide supervised recreation for young people.

It is not fair for non-drinkers to be taxed to pay the cost of supporting alcoholics and repairing the damage brought about by moderate drinking.

In industry alcohol is of great value. We could not be without its aid in manufacturing many products. An alcoholic beverage destroys and does not benefit anyone.

Tests have proven the following amounts of alcohol in the blood stream have certain effects on personality:

0.025% — rosy glow feeling

0.05% — hilarious

0.15% — fighting mad

0.3% — unconscious

0.5% to 0.7% — death

We have discovered that we can express our purposes by using such terms as:

1. Elimination.
2. Health promotion.
3. Raising moral standards.
4. Promoting safety.
5. Showing by example.

The Home First

In Elementary Teaching

From A Group Report

THE GROUP AGREED that the home is the place in which attitudes toward drinking are developed and that home teaching and attitudes will be the most effective with young children. Most of the discussion, however, centered in the opportunity afforded to the public school teacher. Several definite suggestions for the elementary teacher included the following:

1. Familiarize yourself with all available materials; know the conclusions of scientific research regarding alcohol and its effects, including methods of teaching which have been effective. All of this is to enrich the background

of the teacher and prepare her or him to take advantage of incidental teaching opportunities in this field.

2. Begin with a study of nutrition with the children for sound teaching of nutrition will provide a basis for a later evaluation of beverage alcohol and other drugs.

3. Institute with the children a good study of habit formation; how habits are formed and how they are broken.

4. Give children the opportunity to set up experiments to answer some of their questions. These might involve the use of simple chemicals, studies of reaction time, color perception, caring for pets and adequately feeding them, making graphs of socio-economic facts, nutrition charts, safety posters, etc.

5. Education of the emotions is basic to good mental health. Early, plan ways for children to learn the meaning of indulgence and to practice self-control.

All of these are relatively indirect but will give a basis for a good understanding of those elements in the drinking culture which must be understood if children and youth are later to make the best choices as to their own attitude toward drinking.

*New Emphasis
and Unity*

Report From The Seminar

On Organization and Administration

Condensed from Final Session

THIS PROGRAM should include, in particular, and emphasize educational activities among young citizens, students, and other young adults who are soon to become community leaders.

It should make all factual information concerning beverage alcohol and its effects on personality and its influence in social life available to responsible young citizens.

● Bring out to public attention the drinking problems of citizens, young or old, and frankly discuss them as a step toward the development of public opinion.

● Help weld into an effective team the influential leaders of the church, schools, medical and health agencies, representatives of Alcoholics Anonymous, civic and welfare groups, and individuals seriously concerned into a united movement toward reducing the unhealthy pressures of alcohol and narcotics in the civic life of the community that hinders the effective service of law enforcement and administrative officials.

● Your group on organization and administration for an overall plan of work for the total problem of beverage alcohol and narcotics for remedy recommends the preparation of such plans of work on the state and county levels respectively. These plans will cover:

● The public school.

● A leadership training program in colleges and universities.

● Moral and spiritual values.

● Family life education.

● Teenagers and young people.

● Health education.

● Alcoholism and alcoholics.

● Evangelism and religious education for non-attending church people, in addition to present programs in our churches.

● A program of study and research on literature.

● A program of efficiency and safety.

● A program on taxes and revenue.

● A legal department composed of Christian attorneys.

● A committee on law and legislation.

● Finances for support of state and county plans of work.

The group recommends that the Florida Cooperative Committee for Beverage Alcohol and Narcotics Education supervise and direct the state program and the programs of the county cooperative committees in the several counties.

Abstinence! Moderation!

IT'S TIME FOR A FAIR ANALYSIS

The Robert Journalistic Awards of 1956 for short editorials, 500 to 800 words, by college undergraduate students of Canada and the United States.

\$2,400

In Cash

And Scholarships

The AWARDS

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THE
INTERNATIONAL

JANUARY

1956

STUDENT

- And Digest of Alcohol Studies

In This Number

Alcoholism: Moral Aspects in the Background.

Students Examine Alcohol Problems at McMaster University, Intercollegiate School of 1955.

Intercollegiate School of 1956 — at University of Chicago.

Recent Books on the problem.

Social Factors in the Educational Approach.

The Alcoholic: Who is he?

Burton-Judson Court Hall
University of Chicago. See pages 50 and 53.

democracy
something
deeper than
liberty; it is
responsibility"



THE INTERNATIONAL STUDENT

January, 1956

Vol. 53, No. 3

INTERCOLLEGIATE SCHOOL OF 1956 TO BE HELD AT THE UNIVERSITY OF CHICAGO

AFTER TWO successive summers at Canadian universities, and due to the central location and the cordial reception offered by University of Chicago officials, the seventh annual Intercollegiate School of Alcohol Studies, International, is scheduled to be held on that noted campus, Burton-Judson Court residence, August 25 through August 30, 1956.

Sponsored by The Intercollegiate Association for Study of the Alcohol Problem, the school is a late-summer conference of college students and leaders of Canada and the United States.

As a basis for the week of study and discussion, the school has secured outstanding international leaders related to all aspects of the problem—and its related problems—including Dr. R. Gordon Bell, M.D. noted Medical Director, Willowdale (Toronto); Dr. Robert Straus, coauthor of the survey and book "Drinking in College", and Wayne W. Womer, full-time college, school and church lecturer of Virginia and Secretary of Alumni, Yale School of Alcohol Studies. These speakers have had a deep appeal to students attending previous sessions of the school.

For information write: Intercollegiate Association, 12 North Third St., Columbus 15, Ohio.

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OFFICE OF PUBLICATION, Westerville, Ohio

ADDRESS ALL COMMUNICATIONS to the Editorial and Executive Office, Room 522, 12 North Third St., Columbus 15, Ohio. Entered as second class matter at Westerville, Ohio.

Alcoholism: Moral Aspects In The Background

By Andrew C. Ivy, M.D., Ph.D.

IN RECENT YEARS we have heard it stated that alcoholism is a disease; that the matter of morality is not involved. I disagree.

Anything we do is either right or wrong. Within the limits of our knowledge, we should protect the body, mind and soul that God gave us. We are our brother's helper. An act which injures self or endangers our brother's health and survival is wrong, unless it is necessary for self or for our brother's health or survival.

Yes, the abuse of food leads to gluttony and, to prevent gluttony, we do not abstain completely from food because food is necessary for our survival.

Yes, the use of the automobile leads to accidents and deaths and, to prevent these accidents and deaths, we do not abstain completely from or abolish the use of the motor vehicle because it is necessary for the distribution of the necessities of life in our modern civilization.

The Drug, Alcohol

Yes, the improper use of the drug, alcohol, leads to accidents, to errors in judgment, to a tremendous amount of human misery and, to prevent these accidents and misery that alcohol produces, we can completely abstain from and abolish its use as a beverage because it is absolutely unnecessary, is foreign to physiological economy, social and economic welfare, and we and our neighbors live better without it.

The abstainer says: "It is vastly more important to abolish all such human misery and economic loss than

Condensed from *The Christian Science Monitor*. Dr. Andrew C. Ivy is professor of physiology and head of the department clinical science at the University of Illinois, Chicago. Until very recently he was vice president of the University of Illinois.

it is to retain the exceedingly questionable 'toxic pleasure' which alcohol produces."

Rational people, who stop to think about it, and who believe that they should be their brother's helper, will agree.

But some rational people, even though they do stop to think about it and do agree with the total abstainer nevertheless will reply: "Alcoholic beverages have always been with us and always will be with us. Their use represents an inherent custom and a way to produce taxes, and it is futile to try to teach abstinence and to abolish the use of alcohol as a beverage from society."

But this was the argument used to foster the opium trade, human slavery, and other ignoble institutions which, to a large extent, have now been abolished or reduced. Such argument is contrary to the demonstrable fact that the teaching of abstinence pays and is not futile.

Who then are responsible for the continued production of the human misery caused by the consumption of alcohol in the United States? Are not the 48 million occasional drinkers and the 10 million moderate and habitual drinkers the cause of all the human misery and economic loss because they support the sale of alcoholic beverages and tempt others to start drinking?

The Fifty Eight Million

Certainly, the heavy and addictive drinkers and the chronic alcoholics, who number 7 million, are not the cause. Those pitiable victims tempt no one to use alcoholic beverages, and their voting strength is very small. Certainly, it is not the 35 million abstainers.

So the responsibility must rest on the 58 million who insist on their 'personal liberty' to experience the toxic pleasure which alcohol produces or who believe that it is futile to try to eradicate a bad custom and thereby they keep the sordid and degrading custom going. Who else is responsible?

College Students Examine Alcohol Problems

SEEKING AN EFFECTIVE APPROACH to the alcohol problems of today, a group of college students and their leaders from colleges as widely representative as Acadia in Nova Scotia, University of Tennessee at Chattanooga, Oklahoma City University at Oklahoma City, and United College at Norwood, Manitoba, gave a week to study, lectures by experts, and free discussion of these lectures on the questions of "drink" in modern culture. Together with this program, they enjoyed much mid-summer recreation; the place, McMaster University, Hamilton, Ontario, August 27-Sept. 1, 1955.

UNIVERSITY HALL, McMASTER UNIVERSITY



It was the sixth annual International Intercollegiate School of Alcohol Studies, a new first-hand examining project of the Intercollegiate Association for Study of the Alcohol Problem, developed for college students of North America. The new-approach idea of the School grew out of the desire of leaders, students, and organizers alike to study the present-day social and personal aspects of the drinking custom and its implicating consequences, to study it objectively, to become acquainted with the latest basic information available, and to find in this information a sound basis for personal decision, group attitudes, and citizenship responsibility in modern democratic society.

In the six days of the conference, these students and their leaders from colleges of the two countries faced carefully, in lectures and unlimited discussion, such aspects as "Scope of the Problem Today", "What About Drinking?", "The Historical Perspective of the Custom", "Alcoholism and Health", "Basic Physiological and Psychological Information", "Alcohol and Road Traffic", "Motivation for Drinking", "The Alcoholic and His Rehabilitation", and others on the total impact and problem as it prevails today.

The speakers who brought expert information included **Dr. R. Gordon Bell, M.D.**, an international authority on health and director of the Bell Health Foundation near Toronto; **Dr. Albion R. King**, professor of philosophy at Cornell College, Iowa, noted writer and speaker among colleges on basic information on the alcohol problem; **Wayne W. Womer**, lecturer and Secretary of Alumni, Yale School of Alcohol Studies; **Rev. John A. Linton**, national leader and speaker in universities across Canada; **representatives** of Canadian penal institutions, **members** of Alcoholics Anonymous; and others. Most significant were three daily seminar groups led by highly qualified young experts who shared resources and served as guides. Each seminar, composed of students only, met every afternoon in a two-hour session. In these groups, the information gained and conflicting ideas were pointed up,

Wayne W. Womer

Dean of the Intercollegiate
School of 1955 at McMaster
University, Hamilton, On-
tario.

Daily speaker at the School
of 1956 at the University of
Chicago, Chicago, Ill., Aug.
25-30, 1955.



and mature thinking developed toward decision and later action.

Alcohol and the Problem

In an orienting lecture on "The Alcohol Problem Throughout the Ages", John A. Linton expressed a basic approach when he said:

Anthropologists have brought to us the information that alcohol became a problem as soon as it was discovered. In early social groups, certain laws and regulations were essential for social cohesion, but alcohol, which encourages the overt act and has a strong tendency to cause individuals to throw overboard the customs of the social group, caused society at the beginning to place rules and regulations on the use of alcohol as a beverage.

In later times we find all cultural groups—Greece, Rome, the Hebrews, and others—writing into their laws strictures to limit the use of alcohol and in some cases prohibit its use entirely. The Hebrews seemed to have the most rigid rules as to the use of alcoholic beverages; while they permitted its use, they had

strong feelings against drunkenness. In the early church, as it expanded into the Mediterranean world, we find that Paul and others wrote strong statements about drunkenness and encouraged total abstinence.

Growth and Paradox of Today

The severe problem of alcohol that we have at present did not come to the fore until the industrial revolution, when, as a result of technological developments in manufacturing and transportation, alcohol, instead of being a trickling stream available for a few, became a rushing torrent used by many at all times. In this period we find the Methodists and the Salvation Army working with the needy masses as these religious leaders entered into the expansion of the common man. They found how cheap liquor in quantity was destroying personality. This caused them to call for a more strict control of alcohol and finally for total abstinence as a way of life.

As man's technological skills developed and as industry grew into large international combines, the problem of beverage alcohol reached dimensions that our early forebears never dreamed it could. In this new age of power, today, man can destroy in the mass. Thus we see a paradox: Man manufacturing and selling liquor in greater and greater quantities, yet this substance is removing the controls and encouraging irresponsibility at a time when more and more responsibility must be accepted by him.

The great need in society today is for an intelligent understanding of what alcohol is, of the nature of man, and of what happens when alcohol and man are brought together. If man is determined to use alcohol, he will need to build a way of life that will have rigid controls, both internal and external; even then he will have a responsibility for those whose lives are ruined or made less effective because alcohol is in his cultural pattern.

Certainly those who, in the past, called for total abstinence as an answer to the problem have an even more valid argument for their view today. All think-

ing persons must deplore the present tendency that encourages drinking and even drunkenness. Many are concerned about the present trends which seem to discourage abstinence as if it were an outmoded and silly way of life; those who believe in moderation have yet to prove their theory, for it is not working out in our present situation.

A Closing Message by Dean of the School

Summarizing the information and spirit of the week as related to questions of alcohol in modern culture, Wayne W. Womer, Dean of the 1955 School, gave attention to the welfare and religious aspects of the problem.

He brought out the fact that during five full days, the lectures, films, and discussions revealed mainly the scientific way in which alcoholics are being treated, the effect that this has on their health, and the influences and personal characteristics that cause a person to become an alcoholic. He added:

The work of the doctor, the moralist, and the psychologist alone are not enough. Cure is not complete without guidance and counsel from the religious side. Everyone is interested in finding the truth, and the setting up of the personality of man is priceless. Therefore everyone in all fields related to these problems must cooperate to help the alcoholic. From now on, the students who are here will understand their magnitude and their relation to the individual and to society as a whole. My hope is that you have a better understanding of how to deal with the problem as you return to your colleges.

Resume Of Seminar Reports

Report Of Student Group, Don Kuhn, Leader

The questions discussed in this seminar included:

1. Is alcohol a problem on the college campus?
Conclusion: yes.
2. What relation does the Bible have to problems of drinking?
3. What are the arguments FOR social drinking?
4. Is there any place in society for drinking?

5. Why do people drink:
The crowd does it; it is easier to conform.
6. Why people do not drink:
 - a. Alcohol affects mature thinking.
 - b. We influence others.
 - c. Alcohol destroys personality.
 - d. It is against principles and values which govern our lives.
 - e. Do not like the taste.
7. What emotional outlets may replace drinking?
The basic problem here is to adjust oneself to one's environment.
8. How approach drinkers?
 - a. Know the necessity of winning mutual respect and confidence.
 - b. Approach varies with different personalities and relationships.
9. What can we do in our own home and family?
10. What can we do in a college atmosphere?
 - a. Seek administration and faculty cooperation.
 - b. Organize campus seminars.
 - c. Include education on the problem in freshman orientation.
11. Should non-drinkers associate with drinkers?
Yes, in order to gain, and help them gain, knowledge.

Report Of Student Group, Dave Alkire, Leader

1. Is drinking right or wrong?
 - a. Dangers to be noted.
 1. Leads often to heavy drinking.
 2. Brings hazards into society; drunken driving, crime, etc.
 3. Has effects on person; physical, mental, social.
 4. Is hard to limit social drinker to harmless amount.
 5. Sets example for others who may become addicts.
 6. Destroys morals; loosens inhibitions.
 - b. Values to be noted.
 1. Helps people to enjoy themselves.
 2. There are few harmful effects from one beer.
 3. Drinking aids business accomplishments.
2. Why not drink?
 - a. Often a stumbling block for others.
 - b. Safe-guard personal morals.
 - c. Set example, rather than follow one, against political and social pressure.
 - d. Family background is against drinking.
 - e. Church standards are against drinking.
3. How to work against drinking:
 - a. Program of abstinence; better than one of moderation?
 - b. Approach—personal witness should be objective, spiritual, logical.
 - c. Maintain same laws, but enforce them and work for better understanding of these laws through education.
 - d. Keep a liberal view and understand cultural background of wet, dry students.

- e. Base education on specific area:
 1. Alcohol problem program.
 2. Discussion group in various organizations.
 3. Church groups, take church attitudes into consideration.
 4. Campus groups, take campus attitudes into consideration.
4. To Do Upon Our Return to College:
 - a. Set up seminars on the campus, inviting nearby colleges to attend.
 - b. Go at education objectively; do not wave an "abstinence" flag.
 - c. Take information from this School of Alcohol Studies and supplement it with studies of your own; know the arguments for moderation as well as those for abstinence.
 - d. Get Student Council leaders to work up a program for incoming freshman.
 - e. Get the college faculty on your side.
 - f. Have programs for church affiliated groups.
 - g. Work in a close circle of friends rather than on a broad scale.
 - h. Write articles for college newspapers about the Intercollegiate School and its information.
 - j. In smaller colleges, seek opportunity to speak on the School in chapel.
 - k. Use the School information and facts in your future vocation as an aid toward understanding people, their problems, and how to help them.

The Slip-up In Discretion

SOcial DRINKING often ends in "horseplay," with someone hurt, physically or otherwise. Those who "go out cold," after a few drinks, may be thrown into bed . . . smothered by pillows or blankets while in a helpless condition. There is the youth with a couple of drinks in him who takes his best girl out and goes around with a chip on his shoulder. At ridiculously slight provocation, often imaginary, he is involved in a fight . . . making fools of himself and his girl.

Social drinking causes too many people to talk too much . . . discretion cast to the winds . . . making common property of private, personal affairs that should never be discussed outside the home.

As a thief of reputations and a robber of discretion and judgment social drinking has few equals.

—*The Advocate*, Brisbane, Australia, Dec. '53.

Recent Books On The Alcohol Problem

A Selected List for Ready Reference

Basic Information on Alcohol, by Albion Roy King. This new book is just what the title indicates — the first and only publication that puts into one convenient and attractive volume the fundamental information about alcoholic drink in human living.

Price, popular edition, \$1.50.

Dr. King's book, says the managing editor of *The Quarterly Journal of Alcohol Studies*, is "the most scholarly and factual exposition of knowledge about alcohol ever published by an adherent of the cause of abstinence."

The Liquor Cult and Its Culture, by Harry S. Warner. An all-over study that popularizes and makes available to the student and the reader the basic scientific information about alcohol in modern society.

It develops a philosophy for permanent, constructive effort toward solution of the larger social problem. The writer is author of **Social Welfare and the Liquor Problem**, 7 editions.

Price: cloth \$1.35.

Abridged Lectures, Yale School of Alcohol Studies, first session. The basic scientific information condensed in popular, non-technical language. Lectures by leading psychologists, physiologists, sociologists, health authorities of the problem as understood today.

110 pages; price 50 cents.

Alcohol Talks from the Laboratory, by Howard E. Hamlin, Director of Health and Narcotic Instruction, Ohio State Board of Education. From the scientific laboratory, Alcohol, personified, tells the truth about himself.

Price 25 cents.

The Four in One Order: \$3.50

Intercollegiate Association,

12 North 3rd Street, Room 522, Columbus 15, Ohio

Published by Yale University Press, Oct. 5, 1953, "Drinking in College" is the substantial report of a survey of four years in American colleges. It is an objective study giving factual information, evidence of attitudes and statistical tables. Yale University Press, New Haven, Conn. \$4.00.

Social Tradition Factors In Alcohol Education

By James Renz

RATHER THAN ATTEMPTING TO STATE the facts and figures relating to alcohol, alcoholism, and alcohol consumption, I shall try to point up the problems suggested by the book, **Alcohol and Social Responsibility**.¹ The authors of this volume list four; it seems to me that these are the definite problems that we must face as we attempt to meet the alcohol problem as a whole.

First is the fact that we live in a land with many varied and diverse backgrounds, standards, and traditions. Many families in America come from Italian, German, English, and other backgrounds. They have brought with them various standards and traditions relating to drink. Many of our church denominations came out of a German-Lutheran background. Any solution that would ultimately answer the alcohol problem must take into account all these cultural differences which have been molded together into one society in this great land of ours.

Second, within the Christian church and in the world in which we live, we find various religious sanctions and taboos, not only on the problem of alcohol but on other problems attendant to and related to drinking and the drink custom. We are well aware that some religious bodies sanction the moderate use of alcohol, but abhor

Condensed from part of an address on "The Role of the Church in Meeting the Alcohol Problem," by Rev. James Renz, Elgin, Ill., at a conference of *Temperance Education, Inc.*, in Chicago, November, 1955.

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1. *Alcohol and Social Responsibility*, by Raymond G. McCarthy and Edgar M. Douglas; New York: Thomas Y. Crowell Co., and Yale Plan Clinic.

the excessive use of it, while other churches and denominations stand absolutely for total abstinence; some would go so far as to expel from membership any person found indulging in alcoholic beverages. Not only is there a wide divergence of opinion among the families of Americans regarding the use of alcoholic beverages, but likewise in the church we find many and various ideas and conceptions about it.

Third, we must face frankly and fairly the social sanctions and prestige attendant on the use of alcoholic beverages. One needs only to mention the millions of dollars spent by the alcoholic beverage industry to promote its use by emphasizing this fact. Salesmen say they must drink to make sales. Businessmen say they need to provide drinks for their clientele to secure contracts and sales. Athletes permit their names to be used to promote a product, and receive remuneration for the use of their names. Vast multitudes of people live by the social sanctions and social pressures of this age in which we live, yet we cannot say we have met all the problem when we face it in the family with its varying standards and traditions; when we meet it in the church with its religious sanctions and taboos; or when we meet the sanctions and prestige of society.

We must add also a fourth problem which is education in its broadest sense. Most of us have been reared in a scientific age, yet in the use of science we often permit our education to become so broad that we do not become specific enough to get commitment to an idea, an ideal, or a higher and finer way of life.

In short, as we face the problems related to the use of beverage alcohol in America, we must recognize that these problems have very deep roots; that they reach out through the society in which we live, and that these problems are intertwined and interrelated even more intricately than are the roots in the forest. Alcohol touches every aspect of our national life—economic, social, political, sociological, public health, moral and religious. As one person put it:

Social control of problems centered around alcohol involves more than alcohol. It touches the whole field of moral and ethical values in contemporary life, parent-child relationships, social pressures and prestige factors, health, education in schools, alcohol legislation, law enforcement, rehabilitation of alcoholics, and the dissemination of objective information to the public in such a manner that will generate recognition and acceptance of our social responsibilities within the communities in which we live.

"Any Normal Person"

The Alcoholic: Who Is He?

SEAGRAMS, in an advertisement following the trail of the motion picture, "The Lost Weekend", says: "We have always said that 'some men should not drink'." The inference is clear.

Who are these men, Seagrams, who should not drink?

Scientific knowledge does not reveal, and scientists frankly admit that there is no way by which the individual himself or his medical advisors can warn him that he is marked for alcoholism if he drinks.

Of even greater significance is the knowledge that any man may become an alcoholic. In the words of Dr. Robert Fleming of the Harvard Medical School: "It takes some people longer than others to attain addiction, but no human being can be regarded as immune."

Dr. E. M. Jellinek of Yale University says: "Any normal person may become an alcoholic."

Drs. Leo Alexander, Merrill Moore and Abraham Myerson say: "Irrespective of what anyone may claim about underlying personality problems in the chronic addict, the fact remains that without alcohol taken to excess alcoholism does not occur."

Dr. Horatio M. Pollock of the New York State Department of Mental Hygiene says: "The great majority of persons who develop alcoholic mental disease are average citizens who showed no marked abnormality prior to the formation of the alcohol habit."

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THE
INTERNATIONAL

FEBRUARY

1956

STUDENT

- And Digest of Alcohol Studies

In This Number

A RENEWED LOOK

At Alcoholic Culture,

The INTERCOLLEGIATE

SCHOOLS of Alcoholic Studies

1950—1956 inclusive,

Otterbein College,

Cornell College,

University of Toronto,

University of Western Ontario,

Mc Master University,

University of Chicago.

Men's
Residences

Victoria
University

Toronto,
Ontario,
Canada

ocracy
nothing
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ty; it is
possibility"



THE INTERNATIONAL STUDENT

February, 1956

Vol. 53, No. 4

THE EXPERIMENTS show that the effect on the central nervous system is not stimulation, but depression. It is this effect of alcohol which makes the alcoholic beverage **par excellence** a vehicle of escape from reality, from self-imposed inhibitions and from those of society. We did not learn from psychology that alcohol gives this release. It has been known for thousands of years. What experimental psychology has contributed is the knowledge that the mechanism of release is not one of stimulation but of abolition of inhibition through cortical depression.

—E. M. JELLINEK, "What Is The Alcohol Problem," a lecture at the Yale School of Alcohol Studies.

PROBLEMS caused by 'normal' and social drinking affect large numbers of people. They include problems of safety, drinking while driving, rising insurance rates, family economics, industrial accidents and absenteeism, lowered moral standards, taxation, law enforcement, public welfare, family difficulties, health — both personal and public and the constant threat that the moderate or occasional drinker may become an alcoholic.

—From a report, Workshop on Alcohol and Narcotics Education, University of Florida, Gainesville, Sept., 1952.

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*Personality Weakness,
Tradition, Exploitation*

A Renewed Look At Alcoholic Culture

By Harry S. Warner

THE PROBLEMS that arise wherever alcohol is used as a popular beverage are outstanding and confusing. The consequences of their customary use on personality and in society are so persistently and frequently disastrous as to challenge us today as never before in the 150 years of organized efforts to counteract these effects in North America and Western Europe.

In public health, depleted human living, traffic toll, and drunkenness there are so many casualties every day that "the drink problem" in its complexity may well be compared with the problems to be met in the fight against tuberculosis, cancer, and heart disease—and even with those in the world struggle for peace.

The evidence of these disturbing consequences are near at hand—so commonplace as often to be overlooked. Everyday observation and historical experience are ignored. Alcoholic disorders are accepted as unavoidable since people differ radically in their thinking toward the drink custom itself.

Recent scientific research has been giving out valuable new information, adding to that of earlier years. Yet the problem comes to most people only in details: The intoxicated auto driver, the jay-walking pedestrian, the "excessive drinker", the alcoholic, the pleasure or sin of intoxication.

Has nothing been learned about what the problem **REALLY IS?**

With the dawning a century or more ago of the determination to "do something" to reduce drunkenness, much

Condensed from "A New Look at What?" by Harry S. Warner, L.H.D., *The Advocate*, Toronto, Ontario, Canada, January, 1956.

February, 1956

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experimenting was begun with a variety of mild restrictions, followed by limitations, rare occasions, very moderate use, then legal restriction, local banishment and various forms and degrees of prohibition.

As a result of the direct and very realistic, yet limited experience of many years—and of much modern observation as well—it has been natural to seize upon certain aspects of the alcohol drink problem as the main, or whole, problem, without including in the same picture other significant factors and sources.

We were not unlike the six blind men of Industan who went to see the elephant. Each discovered something real, each followed a practical—even scientific—method of observation. Yet no one alone could see the whole of the alcoholic pachyderm.

Today, scientific research, highly specialized, has been yielding a wealth of new and accurate information regarding the anesthetic, alcohol—facts that previously had been overlooked. Yet, much of this new knowledge, as well as of that gained through rugged experience, is related to specific aspects; perhaps none of it “in the wrong”, just partially “in the right.” Thus the information brought out sometimes seems to be uncertain, contradictory.

It is the practical sociologist and psychologist, if they have a sense of concern, rather than technical researchers or dogmatic reformers who are best able to express the deeper meaning, the motives and the significant consequences of the alcohol custom in human living.

Among the popular but partial answers to “What Is the Alcohol Problem?” as they might be compiled by an inquiring news reporter are:

- The drinking driver and pedestrian in highway traffic.
- The street drunk; what should the police and judge do with him?
- The alcoholic as a sick man; what is his illness?
- The “excessive” versus “moderate” drinker.
- The teen-age drinker at home or the tavern.
- Tensions, fast living—get relief from strain.

- The line which, crossed, means excess.
- The cost to home and family.
- Should liquor be advertised on radio, television?
- "The man of Distinction."
- Government regulation and control—"and how"?

There is a large degree of agreement among sociologists, psychologists, welfare workers, and philosophical thinkers that no one of these aspects is **the** alcohol problem.

They know that in constructive service, all must be taken into account; that back of these factors there is the total impact of alcohol on personality and social living.

Modern knowledge, accumulated from history and research, revised and rewritten includes three main sources or basic conditions out of which come the aspects that are seen by different people.

For a balanced understanding, all must be taken into account and brought out in teaching and study.

1. The Disturbed Personality of the drinker himself; his emotional and nervous make-up. Nearly 50 per cent of the alcoholism of the alcoholic is now traced back to the inner condition of the alcoholic himself.

2. The Tradition of Drink, of its desirability, of the pleasure and satisfaction it gives, of the place it has occupied from primitive days to the present day in family, nationality, and group sociability; in customs and folkways; in the "mores of the masses and the customs of the classes". It is embedded in a large part of modern culture, perhaps the major part. This is a far-reaching social fact to which little attention has been given. Over 50 per cent of the alcoholics of today are what they are mainly because of the social customs back of their drinking.

3. The Economic and Social Exploitation of the drug effect of alcohol and the desire for euphoria and intoxication, mild or heavy, is a powerful factor. It must be taken into serious account as a contributing source of major significance. The progressive tendencies of alcoholic satisfaction and relief from inhibitions and tension that it brings are progressive. They lead to the forming of social practices and personal habits that constitute an

appealing resource for economic gain.

Taken together, these three sources are back of all the various personal, social, economic, legal, moral, and other specific aspects that make the cult of alcoholic drink the confusing problem that it always is.

These sources may be analyzed, separated for study and for practical and technical efforts toward solution; indeed, they must be so taken for these purposes. But they must be synthetized and coordinated for basic understanding and educational purposes.

Together they are one problem—the problem of mass use of an anesthetic drug, alcohol, in human living. It is such a problem as ether, which is closely related to alcohol, would be if ether were used as a socially approved beverage for popular consumption. This problem cannot properly be called a temperance question, but one with a tendency to drug addiction that requires continuous public control.

Social Tradition of Drink

Thus, the tradition of drink, through many ages and among many peoples, is the taproot of the alcohol problems of today. It initiates drinking, mild, moderate, and heavy. Out of it come the various customs, aspects, and problems that are prominent and serious, including the alcoholic. Even a neurotic could not become an alcoholic if he had not been introduced to the euphoric mildly toxic effect of alcohol by the suggestion or invitation of his social surroundings.

It is not extreme, therefore, to call the social drink tradition the taproot of alcoholism and other alcohol problems, for these problems are found only among that two-thirds of people who accept drink culture, not among the third who reject it.

Popular Acceptance

Recent research and all surveys agree that the custom of drinking has its beginning at ages fourteen to twenty, as youth emerges from the individualistic to the socially conscious stage of growth. This is the period in which a need for recognition is felt most acutely. If the culture

(Continued on Page 79)

The Annual Intercollegiate Schools of Alcohol Studies

1950-1956 and thereafter

A GROWING CONFUSION in understanding and a deepening concern regarding the problems of alcoholic drink, alcoholism, health, safety, cultural trends, and the meaning of these in human society have been appearing in recent years in new forms. What about it? How can intelligent attitudes be formed? Where can a modern scientific understanding be gained?

The Approach

In full harmony with the recent trend in universities and colleges to take educational leadership on this vital problem, this new type of Intercollegiate School has been organized. It seeks to make possible united thinking by college students and their immediate leaders in a week together, working out approaches that may be effective toward constructive action.

This is to be done with the resources and inspirations made available by experts on this problem—in daily lectures, class-continued instruction, abundant discussion, seminars, and unlimited opportunity for quiet personal interviews.



Gen. Secy. and Mrs.
Harry S. Warner,
School of 1955, Mc-
Master University,
Hamilton, Ont.

Objectives

To gain a scientific understanding of the problems of beverage alcohol in modern life.

To seek and discover an objective basis from which to make intelligent decisions as to personal and social attitudes.

To develop thinking and education toward constructive service.

To advance the ideal of a normal, healthy life, free from dependence on alcohol, as a scientific and realistic objective.

To open opportunities for service toward solution.

Otterbein College, Ohio, 1950

Stanley F. Knock, Jr., Chairman

THE FIRST Intercollegiate School might have been called a "Little Yale". It was launched by four who had attended the Yale School of Alcohol Studies, and the idea of a school for college students was approved by Dr. E. M. Jellinek, first director of Yale.

But it had features of its own: Attendance was limited to students; its purpose was to bring out basic scientific and educational information; students were to be given right-of-way in discussion; service and future leadership were among the objectives.

Two resource lectures a day included titles such as: "Basic Information", "Motivations", "Psychological Effects", Dr. Albion Roy King; "Facing the Problem on the Campus", Dr. Lawrence E. Vredevoe of the University of Michigan; "As the Judge Sees the Drunk", Lewis Drucker, Municipal Court Judge of Cleveland; "Modern Approach in Education", Howard E. Hamlin, Ohio State Board of Education; "Advanced Educational Leadership", Miss Vashti Ishee, Mississippi State Board of Education; "What the Medical Sciences Have Learned", Dr. Haven Emerson of New York City.

Seminars met daily under Miss Vashti Ishee, Stanley F. Knock, and Edwin H. Maynard.



Stanley F. Knock, Jr.,
Chrm., (Yale
Divinity School)

Otterbein Campus in Mid-Summer Shade



Cornell College, Iowa, 1951

Stanley F. Knock, Chairman

THE INTERCOLLEGIATE School of 1951, on the shaded hillside campus at Cornell, filled a mid-June week with a new type of search for the meaning, facts, and consequences of the drug alcohol in human living.

The lectures and discussions were related chiefly to the trends in college and the culture of the community. Major interest in the seminars centered in the need for counseling, instruction, and study at the college level, both curricular and non-curricular.

Beginning with "The Over-All Human Problem in the Cult of Alcohol", by Harry S. Warner, the lectures continued daily by Dr. Albion Roy King, on "Basic Information", "Psychology of Alcoholism", "Why Do Men Drink", and "Abstinence vs Moderation". Rev. John A. Linton of Toronto, Ontario, brought impressions gained from a recent visit to universities across Canada. The sociological aspects were discussed by Prof. Howard G. McClain, Columbia, South Carolina; "State Educational Programs" and "Psychology of Education Regarding Alcohol", by Miss Vashti Ishee, Mississippi Board of Education; and "The Dialectic of Drink" by Dr. George A. Little, Toronto.

Student seminars were led by Stanley F. Knock and Prof. McClain, and a counseling seminar by Dr. King.



L. T. Hathaway, Jr.,
Sec'y. (Randolph-
Macon College, Va.)

Moerner Hall, Cornell College, Iowa



February, 1956

University of Toronto, Ontario, 1952

Stanley F. Knock, Chairman

THE THIRD SESSION of the Intercollegiate School, Rev. John A. Linton, Dean, went more directly into the meaning of alcohol and alcoholism as related to public health, delinquency, and other scientific aspects in the drinking culture of today, with particular attention to the alcoholic.

Outstanding events leading to first hand study and observation were: A visit to the rehabilitation center for alcoholic criminals at Mimico provincial prison, and a night session with a local A.A. group. Here, fifty students questioned fifty A.A. members in a very personal, vigorous session of three hours.

The resource speakers included Dr. Andrew C. Ivy, University of Illinois, physiologist; Dr. A. Dawson Matheson, president of Emmanuel College, Toronto; Dr. H. David Archibald, Research Foundation of Toronto; Dr. Albion Roy King; Dr. George A. Little; Wayne W. Womer, Secretary of Alumni of Yale School of Alcohol Studies; and field workers from the welfare organizations of Ontario.

Leaders of student seminars were Stanley F. Knock, Wayne W. Womer, and Albion Roy King. Prof. Howard G. McClain directed a seminar of theological students and Harry S. Warner, one for professors and visitors.

Emmanuel College, University of Toronto



Marguerite Straight,
Secy. (Ohio State
University)



Otterbein College, Ohio, 1953
Barbara McNutt, Mt. Allison;
R. David Alkire, Ohio State:
Joint Chairmen

THE PROGRAM of the fourth Intercollegiate School developed particular interest in those aspects of the alcohol problem that are related most closely to student life, thinking, and campus interests. Much friendly and realistic discussion was made possible by the close association of those attending as school sessions, meals, and housing were all in one building.

A comprehensive address at the opening session by Dr. J. Gordon Howard, president of Otterbein, analyzed the total problem of alcohol in human life and laid a broad foundation for the special subjects treated by lecturers and discussion groups during the week.

Among the speakers were: Dr. Albion Roy King; Mr. Gordon Henley, staff psychologist from Brown Memorial (penal) Clinic of Ontario; Rev. John A. Linton, just returned from three across-Canada speaking tours; Dr. Karl A. Nissen, professor of sociology, Ohio State University; Stanley F. Knock, "Alcohol and 'Joe College'"; Prof. Howard E. Hamlin, Ohio State Board of Education; and Martin Voipio a visitor from the Academic Temperance Movement of Finland, and editor of the scientific alcohol publications of that country.

Seminar leaders were John Linton and Stanley F. Knock.

Cochran Hall, Otterbein College



Evelyn Bender, Sec'y.,
School of '52 (Otter-
bein College)



University of Western Ontario, 1954

**Barbara McNutt, Chairman;
Rev. John A. Linton, Dean**

TWO EMPHASES appeared in the School of 1954. First, a new scientific foundation of the whole alcohol problem as related to human health was presented by Dr. R. Gordon Bell, Medical Director, Willowdale Hospital, Toronto. Second, a factual study of student problems regarding drink, the theme which has been made prominent by the book and survey on "Drinking In College", just previously published. The author of the survey, Dr. Robert Straus, was a main speaker.

These emphases offered a natural basis for a new realistic educational approach to the total problem in the field of higher education.

Lecturers in addition to Drs. Bell and Straus were Dr. Albion Roy King with his "Basic Information series"; Canon Quinton Warner of London, Ontario, on A.A. activities; R. J. Gibbons, research associate with the Alcoholism Research Foundation of Toronto, penal and social problems; Miss Margaret Cork, psychiatric social worker; Wayne W. Womer, "The Problem: Personal, Moral, and Community"; John A. Linton, "The Problem Through the Ages"; and Albert Johnson, a forecast of "A Climate of Sobriety".

Seminar leaders were Donald Kuhn, Wayne W. Womer, and Stanley Knock.

University of Western Ontario



**Barbara A. McNutt,
Chmn.
(Mt. Allison Univ.)**



**McMaster University,
Ontario, 1955**

Wayne W. Womer, Dean

THE SIXTH Intercollegiate School, discussing modern aspects and new scientific information, seemed to develop the beginning of an effective approach to the alcohol problem today. Attendance was widely representative, with students from Nova Scotia to Oklahoma City to Manitoba, and universities and colleges between.

"The Present Scope and Historical Perspective of the Problem" by Rev. John A. Linton, and "Historical Factors of the Intercollegiate Association, by Harry S. Warner, were followed by the lectures of Dr. King.

"Alcohol and Health", with a broad new meaning to human living, was given in two lectures by Dr. R. Gordon Bell. "The Alcoholic in Prison and as Citizen; his Rehabilitation", by P. H. Potts, psychologist of the Reform Institutions of Ontario, and a night session of realistic actual person experiences—"before and after"—by a group of A.A. members, brought out the realities of alcoholism in the culture of North America today.

Three seminars for students only, led by Donald Kuhn, Robert Regan, and R. David Alkire were particularly successful in discussion and growth of group and personal attitudes.

University Hall, McMaster University



Donald Kuhn, Leader
of Seminars, Wash-
ington, D. C.



University of Chicago, 1956

R. David Alkire, Chairman

THE CAMPUS of the University of Chicago offers the Intercollegiate School of 1956 a superb opportunity for firsthand observation and study of alcohol and related social problems in what has been called "the greatest sociological laboratory in America"—the city of Chicago.

Being international, the School makes possible a unique opportunity for students and leaders of various nationalities to spend a week together in an atmosphere of free discussion.

As basis for study and discussion, the School has secured as return speakers Dr. R. Gordon Bell, of the Bell Clinic, Ontario, and consultant in the Dept. of Reform Institutions of Ontario; and Dr. Robert Straus, director of Medical Center, State of New York, co-author of the book and director of the survey on "Drinking In College". Also, Wayne W. Womer, Secretary of Alumni of the Yale School of Alcohol Studies, fulltime speaker among colleges, schools, and churches in Virginia.

Field trips will be conducted by experienced guides with University background to centers offering opportunity for study of alcoholism and related social problems, rehabilitation centers, and "skid rows".



Robert David Alkire,
Dean (Ohio State
University)

Burton-Judson Hall, University of Chicago





Joanne Chapman,
Sec'y., (Ohio State
University)



Wayne W. Womer,
Basic Information Lecturer
Secretary of Alumni, Yale
School of Alcohol Studies.

A RENEWED LOOK

(Continued from Page 70)

of the home, class, or group in which he is interested approves, acceptance is usually automatic.

To these beginnings are soon added the patterns and sanctions of influential and prestige groups. The practices of the local "four hundreds", the dinners, parties, and cocktail hours of the socially elite point a direction to youth who feel that they must accept and follow—whatever their neurotic or inner make-up may be—if they are to be accepted in positions to which they aspire.

The New Look

It is necessary, therefore, that in any new approach or constructive activity toward solution of the alcohol problem, the tradition of "social drink," now so aggressively exploited by social prestige and profit seekers, be understood and faced realistically.

It is self-evident that out of the drinking culture, which includes two-thirds of the adult population of the United States and Canada, come all the well-known questions,

(See top next Page)

dangers, and human deterioration related to intoxication and alcoholism. They cannot come from that third of the population which has freed itself from the drink culture and refuses to accept the thinking and attitudes that favor the drink practices of today.

Abstinence!

IT'S TIME FOR A
FAIR ANALYSIS

Moderation!

The Robert Journalistic Awards of 1956 for short editorials, 500 to 800 words, by college undergraduate students of Canada and the United States.

\$2,400

Awards will be announced August 30 at the Intercollegiate School of Alcohol Studies, University of Chicago.

The AWARDS

FIRST	\$ 200
SECOND	150
THIRD (2 at \$50 each) .	100
FOURTH (2 at \$25 each)	50
FIFTH (6 at \$20 each) ..	120
SIXTH (38 at \$10 each)	380

Total Cash Awards ...	\$1000
Scholarships to the Intercollegiate School of Alcohol Studies, summer of 1956; 30 at \$30 each	\$ 900
Guaranteed prizes for group participation by special arrangement with the Awards Secretary; 20 awards at \$25 each	500

Total Awards\$2400

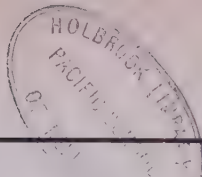
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Intercollegiate Association

12 N. Third St., Room 522

Columbus 15, Ohio

THE
INTERNATIONAL



APRIL-MAY

1956

STUDENT

-And Digest of Alcohol Studies

In This Number

College Campus Seminars —
Started Many Thinking

Airlines Go All Out on "Flying Saloons"

Health and Alcohol Education in College

Soft Drinks in Germany Make Beer Less Popular

Can We Balance the Scales

Discussing the Reasons Why

University
of Chattanooga
Seminar on
Alcohol
Problems
"Started Many
Thinking."

(See page 87)

Democracy
is something
deeper than
Liberty; it is
Responsibility"



THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

April-May, 1956

Vol. 53, No. 5-6

INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

University of Chicago, Aug. 25-30, 1956

Offers college students experience in scientific understanding and discussion of the problems of alcohol in life today with speakers of highest international standing.

For program and enrollement write: Intercollegiate Association, 12 North Third St., Columbus 15, Ohio.



THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, six times a year, in October, November, January, February, April, and May. Subscription, \$1.50 per year; two years \$2.50.

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College Campus Seminars

**A New Approach
To Questions of Drink**

JUST OVER A YEAR AGO sixty students representing thirty different campus organizations at the University of Chattanooga, Tenn., and a tenth as many faculty and adult leaders, shared two days of intimate discussion relating to the problems of alcohol—in daily living, in the college community, in society, and in their future as citizens.

The participants had been selected by their groups for this purpose, two from each group. They were recognized leaders; all of them had been excused from their university classes for the two days.

A speaker of high reputation in scientific understanding of the problem was the main resource lecturer; others of high educational background brought out the wider aspects of the problem, and experienced workers among students served as consultants. Freedom of discussion had a place of priority. Few or no conclusions were attempted; each student being expected to formulate decisions and review attitudes for himself.

This, broadly, is the outline of a series of seminars, or "campus clinics"—a modern plan of self-education planned well in advance by organizing committees made up largely of college students—that has been gaining wide attention in the past three years in colleges of the United States and Canada.

Seminar at Chattanooga

Introduced to the University of Chattanooga by Donald Kuhn, college representative of the Methodist Board of Temperance, Washington, D. C., and the Chattanooga Wesley Foundation, Rev. R. G. McGee, Director, the session at this university in February, 1955, was made interdenominational and then sponsored by the University Religious Council. It became fully represen-

tative of the campus. Catholic, Protestant, and Jewish students worked together in carrying it through to success.

The seminar began with a brief informal presentation of basic scientific information. It was followed immediately by challenging discussion. The lecturers included Dr. Andrew C. Ivy, head of the department of Clinical Science, Medical School of the University of Illinois, Chicago; Prof. Howard G. McClain, executive secretary, Social Action Council of South Carolina, Columbia; and Donald Kuhn of Washington, lecturer, seminar and film leader.

Results of the seminar that were quickly evident were: (1) Much discussion in groups and around the halls in the week following; (2) three student leaders sent to the International Intercollegiate School of Alcohol Studies at McMaster University, Hamilton, Canada, six months later; and (3) a determination to have another seminar at Chattanooga in 1957.

Various other seminars, conferences and "campus clinics", in one-day, two-day or three-day sessions, basically similar in modern objective approach and student leadership, have been occurring rather widely in the past three years. One of these, at the University of Toronto, three years ago, was outstanding in that it included active participation by representative students from the many departments of a great city university; also, in the originality of its program and the character of its student leadership.

It followed by a half-year or more the Intercollegiate School of Alcohol Studies, held the preceding summer on that university campus.

It should be noted that these student-led conferences are all in addition to the many summer institutes, summer schools, specialized conferences and seminars that are being held each year in Canada and the United States, directly or indirectly under university and college sponsorship.

In the new series of student—undergraduate—seminars of the past two years, initiated by Donald Kuhn



The Seminar Group at Muskingum College, New Concord, Ohio

of the Methodist Board, the one at Muskingum College, New Concord, Ohio, was among the first. It was begun by a small group of students meeting with the President, Dr. Robert N. Montgomery, that developed a planning committee including campus leaders, the deans of men and of women, the president of the student body, the YMCA and YWCA presidents, the two students who had attended the University of Western Ontario, Intercollegiate School of Alcohol Studies, London, Ontario, the previous summer, and Donald Kuhn as consultant and organizer.

This planning group started work by asking several questions: (1) What are we going to do in this seminar? What are our purposes? It was agreed that primarily the conference should be informative and beamed to the individual, but that it should include also social aspects and problems. It should help students to know how to make moral decisions; help them adjust to their culture;

PRESSURE OF "CROWD CULTURE"

THIS EVIL is a well-interwoven part of the major problems of today. It can be dealt with, properly, only by men and women who are honest, sincere, and without fear of anyone except God. For most people are a part of what Canon Bell aptly calls, "Crowd Culture," and there are diverse ways of forcing them to conform—and to drink—and shut their eyes.—Dr. C. F. Brehmer.

to know the alternatives to drinking.

(2) Who should attend? The group listed one hundred selected student and faculty members. To each they addressed a personal invitation. The committee desired that this should not be "just another meeting"; only chosen leaders were expected to attend.

(3) Who will be the guest speakers? Who will direct the seminars? Invitations were sent to Dr. George T. Harding, professor of psychiatry at Ohio State University School of Medicine to handle all questions relating to health and psychology. For the broad, general knowledge, invitation was sent to Dr. Albion Roy King, professor of philosophy at Cornell College, Ia., author of "Basic Information on Alcohol", who had been "basic information" lecturer at all the Intercollegiate Schools of Alcohol Studies since and including the first in 1950. As Muskingum is a United Presbyterian college, Mrs. W. J. E. McKnight, Pittsburgh, Chairman of the North American Committee on Temperance Education of that denomination was the expert on the religious and moral aspects. To make the presentation of the problems of alcohol as varied as possible, the committee included in the program lectures, audio-visuals, small group discussions, interviews, total group discussions and question-answer periods.

The Plan Spreads Widely

In the past two years similar sessions have been conducted and, similarly sponsored at Virginia Polytechnic Institute, Blacksburg, Va.; University of Oklahoma City, Oklahoma; Claflin College, Orangeburg, S. C.; Bethune-Cookman College, Daytona Beach, Fla.; Tennessee Wesleyan College, Athens; Union College, Barbourville, Ky.; Emory and Henry College, Emory, Va.; Oklahoma University, Norman and other Okla. Colleges and Junior colleges, and, most recently, November 29-December 1, at the College of the Pacific, Stockton, Calif. In addition, Mr. Kuhn has led all-state seminars for Methodist students in Louisiana and Oklahoma, three in the latter state.

(Continued on Page 102)

Started Many Thinking

by Helen Thornton, '56

OUR FIRST Alcohol Seminar at the University of Chattanooga was held in February, 1955. Rev. R. D. McGee, Director of the Methodist Student Center on the campus, took the idea of such a Seminar to the Religious Council who in turn took charge of the organization and planning.

The Seminar ran from Thursday morning to Friday afternoon. Students participating were excused from classes. Since this was an inter-denominational meeting, each organization was allowed only two representatives in order to keep our group to a nice working size of approximately 60. A few faculty members attended, although we made it a point for the number of adults attending not to exceed 10 per cent of the total enrollment. Each organization was assessed 50c per person attending to cover expenses.

The instigator of the workshop as well as organizer and speaker was Donald Kuhn, Dept. of Communications and Student Work, Board of Temperance, Methodist Church. The main lecturers were Dr. Andrew C. Ivy, head of the Department of Clinical Science at the University of Illinois, and Rev. Howard G. McLain, Executive Director of Christian Action Council of Columbia, S. C.

Our meeting began with a brief presentation of the facts and then we had general discussions of those facts. These were very informal; conclusions were never given to us but were left to be drawn by each individual.

We think this Seminar was very successful—so successful in fact, that we of the Student Religious Council and Donald Kuhn are now engaged in making plans for another clinic in February, 1957. This will be in retreat style at a small camp about 40 miles from Chattanooga. We feel that the atmosphere will be much better and produce greater results. Also, we can spend more time together and bring in recreation and fellowship to open

opportunities for better freedom of discussion.

I personally think that the Seminar was wonderful. It at least started many students thinking who possibly had not done so before. A good deal of interest was aroused; several groups had follow-up discussions the next week. To be sure, the Seminar is the reason for my attendance at the School of Alcohol Studies in Canada, McMaster University, this past August, **an experience I shall never forget.**

The Cult of Drink In Culture

by Harry S. Warner

THE CULTURE that centers in alcoholic enjoyment needs to be reexamined. It should be known for what it is. Much of the public does not understand how, and by what effects on their brain centers, they gain what they do from the "kick" of alcohol. The character of the cult should now be brought to the public for what modern scientific understanding shows it to be.

Wide-spread and fashionably popular in certain large groups, it is prized in influential circles—among the socially elite, in governmental diplomatic ceremonies in Washington, in fashionable New York, Hollywood—and consequently among millions of aspiring imitators, the ambitious, the "social climbers," and the great middle and lower classes who constitute the main body of the American people.

But from alcoholic sociability there comes a constant stream of drunkenness in lesser and greater degrees, and a final, gigantic stream of inebriated humanity, including the minor, so-called "moderate" drinkers who are responsible for many accidents, disorders, and ordinary drunkenness.

Since the initiating and guiding forces of this stream are largely social and economic, drinking customs must be examined anew **as a basic source** by every movement that seeks to solve the problems of alcohol.

Airlines Go All Out On "Flying Saloons"

Stewards and Stewardesses Protest

By Rowland K. Quinn, Jr.

LAST YEAR some of the major domestic airlines abandoned restrictions on in-flight drinking by their passengers and introduced the serving of drinks aloft. At that time the Air Line Stewards and Stewardesses Association expressed opposition to this move because of the potential safety hazard and deterioration of reasonable passenger discipline necessary to provide for the pleasure and safety of all passengers. After a year we are now convinced that we were right.

In the early days of aviation it was recognized that a drunken passenger was a real danger to the safe conduct of a flight. It was for this reason that the airlines adopted a rigid policy in this regard. If a passenger showed up at the field three sheets in the wind he was refused passage. No alcohol was offered in flight and the stewardess dealt firmly with the nipper who carried his own fire water. Even with these restrictions an occasional incident would occur. Today the bars are down. No passenger need to fear that he will be refused passage if he can crawl aboard. Once in the air he can get refueled either on the house or for a dollar a shot. The airlines are not stingy with their liquor either. Every drink is a double shot, which has a potent punch at high altitude. A \$5.00 bill will produce a proper jet-age wingding in the average air traveler.

To illustrate our point, we quote one recent incident experienced by a major carrier involved in this liquor problem. At the original station, the Captain cancelled the flight because he felt that 18 of the passengers were

Mr. Quinn is President of Air Lines Stewards and Stewardesses Association. This article—an editorial—is reprinted from *The Airline Employee*, September, 1955, by permission.

so drunk as to constitute a menace to the safe operation of the flight. Twenty minutes later, the flight was re-originated and 10 of the 18 were taken off. Two hours later it was necessary to make an unscheduled stop to put off the other eight.

Now what possible contribution did liquor service provide for the pleasure and safety of the 70 people involved in this incident? Or more to the point, if the liquor service had not been available, would the trip have been in any way unpleasant? We think not. We firmly believe that if the airlines were required to abandon liquor service completely, not one would lose revenue as a result. The airlines have a product which will sell over competition without what they choose to call an added passenger service.

The carriers piously proclaim that they religiously observe state liquor laws. This is so absurd as to be laughable. The cabin crew haven't the vaguest idea what state restrictions are imposed upon the serving and sale of liquor. Moreover, it is pretty difficult to know when you pass over the state line at 25,000 feet. Who enforces violations of such law?

During recent years the growth of the airlines has been phenomenal. This expansion has been so rapid that the problems of cabin service have been magnified many-fold. Passenger control is more of a problem with nearly 100 passengers than it was with 21. The modern aircraft is a complex machine. The cockpit crew should not be expected to double as bouncer in the cocktail lounge. As a general rule, stewardesses today are younger and less mature than they were even a few years ago, when all applicants were required to be trained nurses. It is unreasonable to expect a young woman barely twenty years old to function as the enforcement agency in their flying saloons. The airlines should have recognized these problems and acted on their own volition. However, since they have not and do not intend to do so, federal legislation should be enacted to protect the flying public and crews against the inherent dangers existing as a result of uncontrolled drinking on commercial aircraft.

Health and Alcohol Education In College

by Van S. Allen, Instructor in Hygiene,
Bennett College, Greensboro, N. C.

ACCORDING TO THE latest statistics concerning the problems of alcoholism, some 63,000,000 people in these United States partake of alcoholic beverages. Of this group, approximately 4,500,000 are alcoholics and 1,000,000 of the latter figure are chronic alcoholics. For every eleven male alcoholics there are two female victims.

To the casual observer, the above figures may have no significance. To the health educator, these figures represent a challenge. This is particularly true when one considers the fact that alcoholism ranks high on the list of public health problems in America.

As a health educator, the writer is very much concerned about what can be done with this problem at the college level. This concern is not without merit when considered in relationship to the following factors as these relate to alcoholism.

1. Our population is increasing rapidly.
2. The rate of alcoholism tends to be on the increase.
3. The unrest of the social climate of the world is of such a nature as to encourage men to seek relief through excessive indulgence in alcoholic beverages.
4. A goodly percentage of our automobile accidents, while not being attributed to alcoholism, can be traced to indiscriminate drinking on the part of the drivers.
5. More children are being deprived of the guidance of both parents during the early years of their lives because both parents are "making the living". (These conditions, according to some of our leading psychologists and psychiatrists, often lead to frustrations that motivate

From "Approach to Alcohol Education" in *Inventory*, Journal of Alcohol and Alcoholism, Raleigh, N. C., March-April, 1956.

individuals toward the drinking habit in later life.)

Considering the factors listed above, the question arises as to the responsibility of the health instructor to the students of the college where the problem of alcoholism is concerned.

The writer considers it the responsibility of the health educator of the college, "to define, explain, and interpret alcoholism as it relates to the psychological, physiological, sociological, and religious aspects of living," with views for changing personal attitudes, meeting personal needs for information, and developing in persons the ability to help others who may need help with the problem of alcoholism.

Other Considerations

Several other considerations that must not be overlooked by the health educator are the age levels of the students involved, the personal needs of these students, and the vocations elected by same students.

The age levels of students must be considered because by the time one reaches college age, certain attitudes and opinions have already been formed. If these attitudes and opinions are erroneous ones, the health educator must endeavor to help the students change them.

Some students will have personal problems in this area of living, relating either to themselves or to members of their immediate families. The information that they receive should provide them with more of an understanding of their problems, thereby increasing the possibility of these individuals helping themselves and/or seeking professional help.

The vocation that a student plans to follow may have a far-reaching effect on particular segments of the population. Consider, for examples, those persons interested in the fields of health, medicine, teaching, social work, etc. Because of the number and nature of contacts these persons have with people in pursuing their work, it is obviously worthwhile for the health educator of the college to make certain that these persons are adequately exposed to all of the available information on alcoholism.

In developing the instructional procedures in alcohol

education here at Bennett College, the writer gave due consideration to each of the previously mentioned factors. The central core of our instructional emphasis has been in our advanced health classes in which we have our future elementary school teachers, some future high school teachers, students of the natural sciences, and a number of social science students.

The subject of alcoholism was first introduced to the class in the form of a questionnaire to which the students gave their reactions to a series of questions. These questions were worded so as to determine what the students knew and what they did not know about alcoholism.

The findings of the questionnaire were most interesting in that a number of students felt that alcoholism was strictly a moral problem. Some felt that it was a social problem. Few thought it was an illness. Many felt that there was no hope for the so-called drunkard; several felt that religious deficiencies were responsible for the problem.

The questionnaire also revealed that students were interested in the causes, effects, preventions, and cures for alcoholism.

After careful consideration of the findings as revealed by the questionnaire, the instructor prepared a unit on alcohol education treating its physiological, psychological, sociological, and religious aspects. Special attention was given to the items under each of the areas in which the students exhibited a special interest.

For classroom activities the instructor divided the class into four groups. Each group volunteered to uncover as much information about one of the four aspects of the alcohol problem as was available and to present same to the class as a whole.

The instructor acted more or less in the capacity of a resource person and discussion leader.

The reaction of the group was one of enthusiasm. Many valuable questions were raised by the various study groups and these questions stimulated many heated and informative exchanges of information and ideas.

In the classes' effort to summarize their findings as to

a possible approach to the solution of the problems of alcoholism and excessive drinking, it was concluded that more attention should be given to the living experiences of early childhood, with particular emphasis on the development of a well-balanced personality. It was also the consensus of the group that the adult should strive for a life of balanced activities in which adequate consideration is given to work, recreation, love, religion, and goals.

Renewing European Contacts

THIS COMING SUMMER, for the first time since 1929, the Intercollegiate Association plans to be represented at the International Congress Against Alcoholism, held every few years in Europe. The delegate is Canadian Vice President of the Association, Rev. John A. Linton of Toronto. The Congress this year will be at Istanbul, Turkey, September 10-15.

This World Congress brings together high scientific experts and educators to survey new developments, recent results of research, and applied activities in many aspects of the alcohol problems of modern society.

In connection with the Congress, various organizations composed of educators and students or specializing in educational activities relating to alcohol will have conferences of their own. Mr. Linton will represent the Intercollegiate Association of North America particularly at these conferences. En route, he will visit and speak at summer schools in England, Switzerland, and other countries.

The Intercollegiate Association has recently been accepted as a member of the Union Internationale Pour L'Education Antialcoolique de la Jeunesse, of which Dr. Henri Gachot, Strasbourg, France, is General Secretary, Dr. Maurice Javet, Switzerland, is President, and Dr. Archer Tongue, Lausanne, Switzerland, is Treasurer. Mr. Tongue is the Executive Secretary of the International Bureau Against Alcoholism, the long-time head of many anti-alcohol organizations in Europe and throughout the world.

Soft Drinks In Germany --- --- Television In Britain

Make Beer Less Popular

EVEN IN GERMANY, traditional home of the brew, where the best known makers of beer have been operating for 500 or more years, the old-time fondness for lager appears to be hitting the toboggan.

German brewers blame American troops primarily for the decline, according to a recent North American Newspaper Alliance dispatch from Bonn. It is stated that our soldiers popularized soft drinks and milk in Germany. This is offered as the principal explanation of why such divine Bavarian brews as Loewenbraeu, Hofbraeu and Wagnerbraeu are less in demand.

In Great Britain, the story is similar, although the explanation is not identical. Operators of "pubs" in the British Isles feel that television and other competitors for the workingman's surplus cash have reduced the consumption of beer and ale.

Here in the United States, beer consumption in 1954 was 3,000,000 barrels below the total for the preceding year, according to the **Brewer's Journal**.

Time magazine explains the fall in the consumption of American brew as follows:

Once the saloon was the workingman's club, where he put away large quantities of the poor man's drink. But now, with more people making more money than ever in history, the workingman is much less inclined to idle over a glass of suds. He has too many other things to occupy his leisure hours: auto trips, sports, do-it-yourself hobbies, home improvement.

—From an Editorial, **Richmond Times-Dispatch**

Approximately one in every nine of those who try to drink in moderation ends up as an alcoholic. Is this risk worth taking?—Dr. A. C. Ivy, quoted in *The Advocate*, Toronto, Apr., 1954.

Can We Balance The Scales?

By Alan P. Cunningham, '58,
Pueblo College, Pueblo, Colo.

AS THE SUBWAY TRAIN hurried along, two middle-aged businessmen surveyed the morning's headlines. "I see where they had another drunken riot at State U. last night," said the greyhaired man by the window. "These college kids are getting out of hand. They drink too much nowadays. I hate to think how it's gonna be when they're running the show. They're nothin' but a bunch of alcoholics!" He nudged the other man, whose attention he wasn't sure he had captured. "Don't you agree?" he asked.

The other gentleman had been listening, but he was lapsing into deep contemplation of these remarks when the nudge brought him back to reality. "Oh. Yeah. Yeah. That's true, they drink too much."

He could have said a good deal more. His own son, whom he knew was an abstainer, was attending college. He knew that his traveling companion's ideas on college drinking were highly exaggerated, as were those of many of his friends. He knew that statistics show there is no more drinking among college students than among our society as a whole; that, in fact, higher learning has little effect one way or the other on anyone's habits of drink.

Yet he didn't mention these things, for in spite of the statistics, he agreed with the man — college students drink too much. He had good cause for thinking so. After all, college men and women are above average in all respects — in intelligence, social fitness, and moral fibre. Why, then, are there just as many of them who use alcoholic beverages as there are among the rank and file? Shouldn't there be a **smaller** percentage of them who indulge than there is among a group which includes the least intelligent, most depraved and immoral persons?

Perhaps this is too much to expect, for today Ameri-

cans condone drinking two to one. With this the case, anyone can drink and not fear being looked upon as immoral by the majority of the people.

Even so, from a standpoint of pure common sense, the more you know about alcohol and its effects, the less you want to drink, for then you realize that drinking merely provides an unhealthy escape from reality. College students are supposedly better informed than most people, so they should be more keenly aware of such things than anyone else. Yet still they drink.

One reason for this is that our educators, who for the most part recognize the evils of drinking, take little positive action to inform students of these evils. There is room in our college and university curricula for concrete programs of alcohol education. These don't necessarily have to be taught from a "thou shalt not drink" point of view, but simply to give each individual a basis of knowledge on which he may form an intelligent opinion.

On top of this, our schools — public, private, and denominational, high schools and colleges alike — must begin to lay some sort of groundwork for eliminating the growing belief that "you have to drink to be accepted." More student activities are needed which emphasize having a good time without resorting to alcohol. The schools must foster and encourage the opening of teen and college age clubs which serve no beer or liquor.

Society as a whole must help. Every non-drinker can do so by giving active financial and moral support to non-alcoholic recreation programs. The nation's leaders can give the idea a tremendous boost by publicly emphasizing that you can be a success without drinking.

Perhaps the most good of all could be accomplished by an all-out program of advertising, in all the media — radio, television, newspapers and magazines — together with utilization of the same subtle public relations techniques used today by the liquor industry. Then the young people who know it's wrong to drink, but think it's necessary, would begin to see the light.

After all, the liquor interests spend millions of dollars each year solely to infiltrate the public mind with

the concept that the partaking of alcoholic beverages is a worthwhile endeavor, with no harmful consequences. Such propaganda has even convinced many people that drinking is vital and necessary — a fundamental ingredient of normal living. Somewhere, somehow, we must counterbalance this by showing the other side of the picture. How better than to adopt the same tactics proven so successful by them?

Only when we do begin to balance the scales will our college men and women be given the true freedom of choice which they deserve. These young people are tomorrow's leaders. If they are not given this freedom the alcohol problem will snowball with each succeeding generation. Can this spell anything but chaos for our civilization?

PRODUCT OF THE DRINK CUSTOM

There were 4,589,000 alcoholics in 1953 in this country, of them 705,000 were women, according to a new Study by The Yale University Center of Alcohol Studies. This Survey also points out that in the last 13 years alcoholism rates have risen 45 percent among males, and 52 percent among females. There are 59,350 alcoholics in Virginia. Our rank among the States is 36 --a 31 percent increase since 1940. The rate of alcoholism among men, age 20 and over, is 7,590 per 100,000. The corresponding rate among women is 1,320; and for both sexes combined 4,390 per 100,000 population, 20 years, or over. The rate of alcoholics per 100,000 actual drinkers is 6,750.

FORM OF BEQUEST

I GIVE AND BEQUEATH to the Intercollegiate Association for Study of the Alcohol Problem, a corporation of the District of Columbia, Washington, D. C., the sum of dollars, to be used in the work of the Association.

Headquarters, 12 North Third St.,
Columbus 15, Ohio

Discussing The Reasons Why

By Clayton Sordahl, '58,

State Teachers College, Bemidji, Minn.

COLLEGE AND DRINKING. A mystical bond of tradition has accumulated between these two institutions through the ages. From the lusty exuberance of German student drinking songs to the sweet sentimentality of Yale University's "Whippenpoof Song," students and drinking have a strong intra-connotation the world over. But studies show that by far the largest percentage of college students in this country do drink and that these drinkers range all the way from the occasional social drinker to the heavy drinker. Why do college students drink?

Robert Strauss and Seldon D. Bacon posed this question to college students themselves in a poll recently published in their book **Drinking in College**. The answers they received were: "to get along better on dates, to relieve fatigue or tension, to be gay, to relieve illness or physical discomfort, to comply with custom, because of enjoyment of taste, in order not to be shy, an aid in meeting crisis, for a sense of well being, as an aid in forgetting disappointment, to get high, to get drunk."

An examination of some of these motives for drinking should prove highly profitable. Some students who answered "to get along better on dates" expressed fear that their dates would be displeased and not date them again if they did not drink. This answer was given mostly by women, who as a group use much less alcohol than men and contain many more abstainers. This seems inconsistent with another poll which showed that most students tolerated or respected an abstainer who did not vocalize against liquor. Drinking on dates can have serious effects. Releasing inhibition, it promotes social pleasure and laxity; in this lies its gravest danger. More instances of syphilis and gonorrhea in youths of both sexes, whose sober intentions were to

avoid extramarital sexual relations, have been caused by alcohol than any other one cause. It may ostensibly stimulate the drinker but actually it causes him to forget his learned rules of conduct, his caution of words and action, so that he does not control himself—his impulses—as he did before.

It seems rather foolish to use alcohol for relieving fatigue. Alcohol is a depressant, not a stimulant; consequently instead of relieving fatigue, it will increase tiredness and weariness, though awareness of being run-down may be lessened. To relieve tension alcohol seems at the outset to be of some value. A student who is extremely nervous or who has worked extremely hard for a long time may become so tense, so “keyed up,” that his mental equilibrium is seriously endangered. Then the temporary dulling and loosening effect of alcohol could conceivably benefit him. But might not a good movie, a round of golf, a long car drive, or even a good night’s sleep have nearly the same effect with far less danger of repercussions on the individual himself? Alcoholics never begin instantaneously; they usually begin with “one now and then.”

Drinking to relieve illness or physical discomfort is most unfortunate for the individual. Of course alcohol can alleviate physical pain but it can never cure or heal the cause of it. It has a very slight theurapeutic value. Surely it is a costly treatment, expensive and temporary as it is. It will never raise a body’s resistance to infection and in fact sometimes lowers resistance. It is recognized by many medical authorities as beneficial to hardening of the arteries, as a comfort and psychological aid to the aged. But certainly a college student couldn’t fall into these needs! A doctor would be much safer and cheaper to visit than the bottle.

Some students drink to comply with custom. A “cocktail before dinner” may be a veritable mark of respectability and success in many of the families of the higher income groups. Also many students who belong to religious groups, particularly Jews, which support temperate drinking as an integral part of their religion gave this reason. It is interesting to notice that students of

these groups—economic and especially religious—are not given to drinking excesses. Drinking is considered a social grace and indispensable mainspring of successful parties by many circles. But what of the boy who could be a college student but for the fact that drinking dragged his family down into shame and poverty? What part did drinking play in his future? Is a custom which imperils its followers worth observing?

Being in pursuit of intellectual advancement, college students naturally look to the lives of intellectuals of the past for inspiration for their own lives. Herein lies a great danger. Among users of alcohol were: Rabelais, Rasso, Samuel Butler, Goethe, Poe, Burns, Byron, Gladstone, Pitt, Swinburne, and Oscar Wilde. A popular conception is to credit the great achievements of these men to their use of alcohol. Modern educational research, psychologists, and sociologists declare this to be untrue. Alcohol affects first the higher centers and activities of the brain and nervous system. Intoxication is a state of mental, emotional, and physical inferiority, erratic to states of brilliance though some of its users may be in its earlier stages. One could wisely speculate whether their achievements would have been greater had they not drunk. The conclusion that we must reach is that these brilliant men achieved success in spite of their drinking, not because of it. It does induce loquacity and an argumentative frame of mind but it cannot evoke or heighten constructive, artistic, or creative ability. The belief of creatability due to alcohol is a dangerous fallacy.

One of the greatest deciding factors as to whether a student will drink or not and if he will drink, whether he will drink excessively, is the example set by his parents during his formative years. During the critical time from childhood till he is self-reliant, the drinking activities of his parents leave an indelible impression on his mind. This is proved by Strauss and Bacon in their poll which show that students who drink and whose parents do not—89% and 54% respectively. Parental drinking obviously has effects far beyond the confines of the parents themselves. Students are also deep-

ly affected by their parents' drinking habits. A student whose parents drink heavily tends himself to be a heavy drinker.

Outside of parental drinking, isn't one simple underlying reason for students' drinking evident? Could that be an escape from unpleasant reality? Clearly this is the core of the problem. It is plainly seen in the students' answers—"to get along better on dates, to be gay, in order not to be shy, aid in meeting crisis, for a sense of well being, as an aid in forgetting disappointment." It is unfortunate for alcohol users that alcohol does not permanently remove the disabilities; instead of after alcohol's effects have worn off, reality floods back to its previous, if not worse, harshness. Alcohol, temporarily removes the unpleasant result without removing the cause behind it all. It is an easy solution to the apparently formidable problems of life. All necessary is that the user sacrifice his mind and body.

COLLEGE CAMPUS SEMINARS

(Continued from Page 86)

Following the latest held, at College of the Pacific at the end of 1955, Mr. Kuhn wrote:

"Students today want a different approach to the problems of drinking. Old methods are unacceptable—methods such as saying 'Drinking may lead to alcoholism,' or 'Drinking may cause cirrhosis of the liver,' or that it may lead to any number of nauseating and deadly ends.

"The College of the Pacific sponsored a campus alcohol seminar in December. About 50 students, the dean, dean of men, and three teachers attended. The students were not just a group of 'alcoholier-than-thou' people; they were the select leaders of the campus chosen by the planning committee with great care. Before the three days ended, other students on the campus were asking why they could not attend and whether there could be another seminar to include them.

"Whatever follow-up is made, it is certain that 50 leaders at the College of the Pacific—50 leaders in com-

munities of tomorrow—have wrestled with the problems of alcohol.

"Drinkers as well as non-drinkers were in the group. The seminar allowed them to express themselves—and they did! While the changes cannot be measured, there were changes in attitude and thinking.

"One reason for change was the objective quest for truth. Three experts were on hand to help when needed . . . These men helped explode many common assumptions as they laid a basis for broader knowledge.

". . . factual information was not the only focus of attention. Constantly the question appeared—verbalized and silent—"What do these facts have to do with what I do?" Gradually, the idea that drinking is a personal activity died. In its place grew a new social concern. Ultimately the participants expressed the belief that 'no man is an island.'

"The resource leaders were impressed by the advance preparation of the delegates. It was not uncommon to hear one of the students quote from **Drinking in College**; one reported he was a regular reader of **The Quarterly Journal of Studies on Alcohol**. From visible signs as well as discussion content, it was obvious that much preparation had been made. Yet in the evaluation session a student commented, 'Next time we do this, let's study more before we come.'

"Equally significant in the meeting was the realization that the seminar was an experience of integration. In tackling the alcohol problem they soon realized that they were calling on many of the disciplines of the university. They talked about psychology, sociology, social psychology, physiology, education, ethics, and religion. One student suggested that this was the first time 'course learning' seemed practical. While all the participants were leaders, many had never worked at integrating their studies."

A student at Virginia Polytechnic Institute, after the seminar, wrote: "This workshop has been a learning process for me. It has introduced me to a world that I had no idea existed."

THE STORY OF AN ALCOHOLIC

As Told to His Doctors

Norwalk State Hospital, Dr. Clemson B. Marsh, M.D., D.N.B.
Norwalk, Calif.

Dr. Marsh: Several patients have consented to tell their stories in connection with this lecture. They have gotten into difficulty because of their use of alcoholic beverages; they realize it, want to be helped and to get back to where they used to be . . . I introduce Dr. Cole, full time staff member at Norwalk Hospital who knows the first man and his background.

Dr. Cole: Mack, would you tell these people your age?

Mack: I'll be 60 years old October 31.

Dr. Cole: Are you married?

Mack: Yes, and have three children. They are all married and have their own families.

Dr. Cole: How long has alcohol been a problem to you.

Mack: For the last fifteen years.

Dr. Cole: Would you tell the group how you feel about alcohol?

Mack: I used to be able to take one drink and stop; or, if I drank to excess the night before, I could snap out of it during the evening, and go back to work the following day. But I think that as a man grows older, his system lacks the vitamins and things which he had when he was younger.

Dr. Cole: Incidentally, if you had to do it over, would you still drink that

way?

Mack: No, I wouldn't.

Dr. Cole: When did you start drinking?

Mack: I have been drinking ever since I was eighteen, during the first world war.

Dr. Cole: Is there any particular reason why you began?

Mack: Not that I know of.

Dr. Cole: You didn't have any troubles to forget or any problems to solve?

Mack: Not a thing.

Why Do People Drink?

Dr. Cole: You are a careful observer. From your own experience, why do you think people drink and get into this state?

Mack: It becomes a habit, and it does relieve tension.

Dr. Cole: Do you suffer from tension?

The conversation of which this is an excerpt occurred at the Institute for the Prevention of Alcoholism, Loma Linda, Calif., in the summer of 1954. Condensed from "Alcohol and Mental Degeneracy," a lecture by Dr. Marsh.

Mack: Yes, I think I have.

Dr. Cole: You've been a high-tension man?

Mack: Yes.

Dr. Cole: What is your business?

Mack: It is construction work, building. . . .

Dr. Cole: Can you tell us a little about the condition of things with you just prior to your coming here to the hospital?

Mack: Previous to this last trip here—I've been here four times—I was away for four months. I didn't touch a drink, had no reason in the world to touch one. And on this last contract I signed up—I'd just spent about a week on it—I was a little tired. I went up to the Japanese owner of the building, signed a contract with him and accepted a check. Then he invited me to have a drink of *sake*. I thought to myself, "Well, I'm a little tired; maybe it won't hurt me." But instead I had two with him. These relieved the pressure that I had been through that week. On the way home I bought another bottle of liquor, which I drank very easily. In the morning I thought, "Well, I'll have one before going to work"—but I didn't get there. From then on for a week it was one right after the other. Another thing, I don't eat when I drink. . . .

(Dr. Marsh continues the questioning)

Mack, you've been drinking for about forty years, and it has become a problem to you within the last fifteen. Would you tell us what changed in the last fifteen years that made those years a problem?

Mack: Well, I think as a man gets older he gets more finicky and a little more nervous than he was in earlier life. . . .

What One Drink Does

Dr. Marsh: If you hadn't taken that first drink of *sake*—what does that one drink do?

Mack: Well, it starts a craving.

Dr. Marsh: Why can't you stop that?

Mack: I don't know.

Dr. Marsh: Again, do you want me to answer it?

Mack: Yes.

Dr. Marsh: You see, alcohol is a sedative. It works on the higher centers of the brain, and it reduces one's capacity just enough so he doesn't have the restraint or the power any more to make a decision. That one drink is enough so you are no longer capable of stopping, and you keep on drinking.

Mack: Then when you're sober?

Dr. Marsh: Some people have a wider range of capacity to take one drink and stop, or a much more powerful NO.

Mack: Maybe they have a stronger will; I don't know.

Dr. Marsh: Have you ever had any experience driving a car while you were drunk?

Mack: I never drive a car when I've had one drink. I had one experience and spent three years in jail, which was enough.

Jail For Drunk Driving

Dr. Marsh: How did you like incarceration in jail?

Mack: Personally, I thought it was a terrible experience.

Dr. Marsh: What kind of treatment did you receive?

Mack: I was picked up, taken to jail, and thrown in that bull pen, as it is called. There's every class in the world there. Of course, I didn't appreciate it.

Dr. Marsh: Most of them have really hit bottom?

Mack: Yes, they have.

Dr. Marsh: Do you think there is a place for punishment or incarceration in jail for those who drink and can't control it? Does that procedure help?

Mack: Personally I think in some cases it helps; in other cases it doesn't. It depends upon the temperament of the man himself.

Dr. Marsh: Psychiatrists usually take the attitude that punitive measures are not advisable, that they just antagonize the individual.

Mack: They do . . .

Dr. Marsh: Can you tell us anything else about your experience?

Mack: I found that in my regular life, before I became an alcoholic, when I drank, I could easily overcome it, but in the last fifteen years I couldn't do that.

Dr. Marsh: You've been in and out of here four times. Realizing that drinking may possibly shorten your life and damage your liver if continued, does that frighten you?

Mack: Well, so far it hasn't.

Dr. Marsh: You just don't think about it?

Mack: I don't think about it.

Dr. Marsh: It's a hard and inevitable

problem to get around, though. Sometimes when damage is done, you can't tolerate the amount you are used to, and yet you want to drink and think maybe you can keep trying. Is that it?

Mack: No, I knew I was making a mistake when I took that first drink. I really knew that I shouldn't take it.

"Never Again"

Dr. Marsh: You've been in here four times. How many times have you resolved that that was your last, never again?

Mack: When I told Dr. Cole goodbye last time I don't think he expected to see me again, and I didn't expect to be here again.

Dr. Marsh: How about now?

Mack: Well, I think that when I get out of here this time, after two and a half months, there won't be any more drinking.

Dr. Marsh: Have you learned more now, have you gained something you never did before, which is going to prevent your drinking?

Mack: Dr. Cole explained many things to me when I was here before that I was just a little in doubt. I've learned now.

Dr. Marsh: Have you ever tried the Alcoholics Anonymous?

Mack: Yes, I belong to A. A.

Dr. Marsh: Have you been helped by it?

Mack: Well, in certain meetings I have.

Dr. Marsh: Do you have any objections about it?

Mack: Not a bit. It helps many people, and many it doesn't help; but if one lives up to the rules and regulations of the twelve steps, he can't go wrong.

Dr. Marsh: They have to be good men, then?

Mack: They have to be nominally good.

Dr. Marsh: Thank you very much.

(Two other patients were then interviewed)

Discussion Following the Interviews

Dr. Marsh: Dr. Cole, can you tell us about your program of therapy here in the management of these people?

Dr. Cole: Our group psychotherapy program is approximately two years old, but currently isn't too active, because we don't have many alcoholic patients in the hospital. It consists, in the main, of two objectives: first, to try to select from among the alcoholic patients those who are going to be helped by group psychotherapy, that is, those who are going to be amenable to that approach; and, second, to treat those people. . . . We ask these patients whom we have in treatment the question, "What makes a man drink?" or specifically, "What makes you drink?" Some of the things that the patients disclose in their fumbling but well-intentioned efforts to try to answer the question are absurd and ludicrous.

No Compromise Possible

We know, too, that the alcoholic is always in the midst of a struggle to avoid

the bad effects of drinking and retain (what he considers to be) the good effects. It is always an effort to retain the ability to drink as a social drinker. We have found that such a compromise never is achieved, and doesn't work. There is no compromise possible on the terms that the alcoholic is willing to meet, and there is always a set of secret or particular terms that he is keeping in the back of his mind some place. I don't mean to make this sound as if they were lying about it, because when this is exposed to them, they are as much astonished by discovering it as anybody else. They are not aware of the game they are playing in their efforts to maintain this, "Now I have it," or "Now I haven't got it;" "Now I can drink," or "Now I choose not to." It is a little secret game that goes on with them, and they are acutely and painfully aware of the results of their failure to win, because that's when they get drunk, get hangovers, and land in jail. It is too painfully clear to them that something went wrong. The results then are that they redouble their frantic efforts to try to come up with a new system. It's almost like going to the horse races and trying to beat the horses, only this is for more than money that they are gambling.

We have found that in our groups, by a careful selection by methods developed here over a period of time and some experimental techniques, we are able to select those who are more likely to enter into the give and take of group psychotherapy. We have had a number of patients leave, following

group psychotherapy, with their records considerably more successful as measured by the length of time that they stay out of the hospital than those who have not been treated in this way. Now, we don't have a cure-all. We know why the successes have succeeded, though we don't know why the failures have failed.

No One Answer For All

Dr. Marsh: Why have the successes succeeded?

Dr. Cole: The answer to that one is different in almost every case. It's a tantalizing and provocative thought that there may be one answer that will, if it's discovered, formulated, and put into plain words, be applicable to all alcoholics, and will be the key to the success of a state of abstinence in all drinkers. But this is only approximately so. Each one of these people who succeeds in remaining sober for an increasing length of time succeeds for an individual and a personal reason; and what each man succeeds for is, only in a very general sense, applicable to anybody else. When these men say they will try to profit by somebody else's experience, you can really give them credit only for a good effort. The chances of their succeeding by profiting from someone else's experience are very slim.

Seeking An Answer For Each

Dr. Marsh: Those who succeed do so because they themselves want to and are doing everything they can to succeed?

Dr. Cole: Yes, and even before that it's because they have been able, with our

help, to find the answer to the question, "Why do I really drink?" The answer to this question leads them through some extremely devious pathways.

Dr. Marsh: Do you ever find the answer?

Dr. Cole: I would like to say that I have found the answer on many occasions. Unfortunately the patients haven't been able to find it with me as often as I have been able to find it for them.

Dr. Marsh: By the time they arrive here it is almost too late to help them?

Dr. Cole: Well, we do get the poorer therapeutic risks here. As long as an alcoholic feels that there is an outside chance of beating this game he doesn't come here. It's late in their alcoholic career by the time they come to a state hospital.

Dr. Marsh: So the solution of the problem from the social standpoint lies somewhere else besides here, where we deal with the end result?

Prevention and Re-Education

Dr. Cole: Yes, these people here are eligible for individual therapeutic efforts, but from the standpoint of preventive measures against the excessive use of alcohol on a large social scale, that's a problem for other agencies and other places. It certainly is one that should be applied much earlier in life, too. . .

Dr. Marsh: Do these patients help you find their reason for drinking, and then co-operate with you in educating them in the opposite direction?

Dr. Cole: I don't consider those drunks to be of any therapeutic value at all.

Dr. Marsh: They have been in here three or four times each, and each time they resolve never again. They'll be back, unless something drastic happens. Is this right?

Dr. Cole: Yes, it will have to be something especially dramatic. . .

Dr. Marsh: In re-educating them not to drink, what do you do, show pictures

and talk to them?

Dr. Cole: No, we don't show any pictures, and we don't have any educational program in the formal sense of the word *education*. . . There is nothing they are required to read, no lectures that they have to attend, and no movies that we show them, but a re-education of their emotions.

Recent Books

A List for Ready Reference

Basic Information on Alcohol, by Albion Roy King. This new book is just what the title indicates — the first and only publication that puts into one convenient and attractive volume the fundamental information about alcoholic drink in human living. Price, popular edition, \$1.50.

Dr. King's book, says the managing editor of *The Quarterly Journal of Alcohol Studies*, is "the most scholarly and factual exposition of knowledge about alcohol ever published by an adherent of the cause of abstinence."

The Liquor Cult and Its Culture, by Harry S. Warner. An all-over study that popularizes and makes available to the student and the reader the basic scientific information about alcohol in modern society.

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Alcohol Talks from the Laboratory, by Howard E. Hamlin, Director of Health and Narcotic Instruction, Ohio State Board of Education. From the scientific laboratory, Alcohol, personified, tells the truth about himself. Price 25 cents.

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Intercollegiate Association,

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Ideological Pressure

WHY DO SO MANY people drink alcoholic liquors, including Australian wines, whose alcoholic content is notoriously high?

Everybody knows the answers:

(a) Social traditions, inherited from a pre-scientific era and, in particular an era before the advent of the motor car, favor "moderate drinking" as "the thing to do." Highly placed persons almost always conform to it. There is a terrific ideological pressure in such a public opinion. Only instructed and strong minded people are likely to resist it.

(b) Alcohol itself is a habit-forming drug, which saps the will to resist. That some people manage to stand against the process does not alter the fact that it exists. Nor can anyone be sure of being able to resist it. It is never easy to break a well-established habit.

(c) The alcohol habit is created and strengthened by a barrage of advertising and propaganda on the part of interests financially concerned. In this campaign little regard is paid to truth, drinking is surrounded with a halo. Newspapers which live by advertisements naturally are reluctant to offend their principal advertisers. It is difficult to counteract liquor propaganda.

—Dr. E. S. Kiek, Principal, Parkin College, South Australia.

—————O—————

Recovery should be possible for at least 75 per cent of all alcoholics, said DR. R. GORDON BELL, director of the Shadowbrook Hospital, Toronto, recently at a Bowmansville Club. Already a recovery rate of 67% is being achieved.

Alcohol addiction has been recognized as a disease since well before the Christian said. Further—

"He is a rare person who drinks heavily for over ten years who does not become an alcoholic."

—*The Advocate*, Toronto

I have traveled in the colonies of all countries. Everywhere alcohol is the enemy of civilizing influences.

—*Dr. Albert Schweitzer.*

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"A Modern Approach To The Problem of Alcohol"

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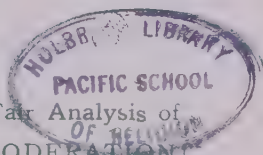
1956

STUDENT

- And Digest of Alcohol Studies

In This Number

"Its Time for a Fair Analysis of
ABSTINENCE! MODERATION!"



The editorials that won highest International Honors in the Roberts' Series of Journalistic Awards at the Intercollegiate School of Alcohol Studies, University of Chicago, August 30, 1956.

Louisiana Polytechnic Institute,
Keeny Hall, (Administration), Ruston, La.



V. 54

1956/57

THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

October, 1956

Vol. 53, No. 1

*Understand the Factors
in Both Customs*

Moderation Or Abstinence

A Fair Analysis

By Bruce Hartley, '57

McMaster University, Hamilton, Ontario

IT IS IMPORTANT that the thinking person base his decision to drink or to abstain on an adequate understanding of the factors on both sides of the question, and not merely on hearsay or social pressure. In the following I shall attempt to analyze these factors in the light of my own research and discussion.

First, let us consider the reasons for drinking given by the moderate drinker.

Taste. This may be the factor in some cases. Most often, however, it is a rationalization of the fact that people drink alcohol for the effect it has on them. Near-beer, a drink of very low alcoholic content but comparable taste never caught on with the drinking public.

Pleasure, relaxation, sociability. These conditions are obtained through the numbing of critical faculty and lessening of self-control and discretion. They are better

(Continued on page 29)

THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, six times a year, in October, November, January, February, April, and May. Subscription, \$1.50 per year; two years \$2.50.

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Abstinence vs. Moderation

By Ben W. Lightfoot, '58

Louisiana Polytechnic Institute, Ruston, La.

RECENTLY I read an article concerning the admission of a Louisiana lawyer to practice before the Supreme Court of the United States. This is a privilege enjoyed by only a few attorneys in the state. This man had been a state representative at the age of twenty-three, a brilliant lawyer at thirty, and an alcoholic at thirty-five. For a period of seven to eight years he had led the tortured life of a man enslaved by drink. His reputation as an attorney and law-maker vanished, he lost his wife, his money, and many of his friends.

Today, this man is one of the most brilliant lawyers in the state. In addition to his work as an attorney, he travels throughout the country, giving talks to hundreds of alcoholics and potential alcoholics. The gist of his speech is that the mere mending of lives shattered by alcohol is not enough, but that each individual should try alcohol in relation to its advantages and disadvantages before beginning or continuing to drink. This experienced barrister is confident that if an impartial person attempts such a trial, he will find alcohol guilty of causing grief, misery, and poverty and will rule it out of his life forever.

Today, there are 750,000 alcoholics in the United States. There are also 3,250,000 heavy drinkers from whose ranks countless alcoholics are recruited yearly. An alcoholic as defined by Dr. Andrew S. Tombs, is a drinker whose drinking interferes with his everyday living. He is one who, after taking one drink, cannot tell when he is going to stop. I do not think that anyone will argue that there is no alcohol problem. It is apparent that to solve the problem we must concentrate on preventing people from **becoming** alcoholics.

There are two natural, obvious means of preventing alcoholism. One is, naturally enough, for people to refrain from drinking alcoholic beverages. The other solution is that, if people do drink, they must drink moderately. Each person must decide which means of prevention he will adhere to. The only way to make an intelligent decision is to evaluate each method critically. Such an evaluation must be as free from prejudice as possible. A person must enter the debate with an open mind, and he must let reason dictate his decision.

This paper is an attempt to make an unprejudiced evaluation of the two solutions. In doing research for this paper, I found a great amount of contradictory information regarding the physiological and psychological effects of alcohol. In my opinion, such information should be regarded in the same light as the testimony of opposing psychiatrists in a court trial. If the sanity of the defendant is a major issue, each side will have its own experts and scientific data to support its contentions. While the men on both sides are experts, their testimony and opinions will be opposite. I have excluded such conflicting testimony from this paper. Instead, I have tried to insert only indisputable facts concerning both the good and bad effects of alcohol.

Today, as never before, alcohol is firmly entrenched in the everyday life of millions of people. The cocktail party has become an accepted method of entertaining. From the pages of hundreds of magazines we are cajoled to drink like "men of distinction," and to enjoy "gracious living" with various brands of alcoholic beverages.

In certain types of business, such as advertising and selling, light social drinking often facilitates the completion of a sale or transaction. People who are engaged in public relations work and other jobs which require them to meet the public are often called on to drink socially. These people are obligated to drink, for the people with whom they come in contact expect it. As long as such drinking is moderate and is well diluted with social intercourse, there is no problem.

(Continued on page 31)



Norman Watt

"...thank the founders of the Roberts awards for giving thousands of students encouragement to do research on the problem."
—BEN W. LIGHTFOOT

"I am greatly honored . . . the prize is but slightly comparable to the gain in understanding while in attendance at the school." —NORMAN E. WATT.



Ben W. Lightfoot

INTERNATIONAL EDITORIAL HONORS

Logan H. Roberts Awards of 1956.

Theme: "Abstinence: Moderation —
Its Time for a Fair Analysis"

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FOURTH HONORS—\$25 each.*

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Carol Harvey, Charlotte CH., Va.; Queens College, N. C. '58.

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Paule Marie Rigdon, Festus, Mo.; University of Missouri '57.

David R. Freeman, Charleston, W. Va.; Morris Harvey College '56.

Byron Sims, Salt Lake City, Utah; University of Utah '57.

Nancy Wilson, Albion, Nebr.; Nebraska Wesleyan University '59.

Donald L. Brehm, Arcanum, Ohio; Otterbein College, Ohio '59.

SIXTH HONORS—\$10 each.*

Jack Benham, Joliet, Ill.; Cornell College, Ia. '56.

Miriam J. Boven, Holland, Mich.; Calvin College, Mich. '59.

Barbara Ann Clasen, Grafton, Wisc.; Wartburg College, Ia. '57.

Douglas L. Cropper, Hartford, Conn.; State Teachers College, Conn. '5.

Esterlene Durham, Jackson, Tenn.; Lane College, Tenn. '59.

Janette Edmonds, Boswell, Ind.; Hanover College, Ind. '59.

* In addition each of the fifty finalists received a Scholarship Award, \$30.00, to the Intercollegiate School of Alcohol Studies at the University of Chicago, August 25-30.

Gilbert D. Engle, Shreveport, La.; Louisiana Polytechnic Inst. '56.
 Vincent Fricke, Shakopee, Minn.; Wartburg College, Ia. '57.
 Barbara Friedlund, Minneapolis, Minn.; Cornell College, Ia. '56.
 Allison Albert Frites, Frederickton, N.B.; Univ. of New Brunswick '58
 Eleanor Garvin, Brunswick, Mo.; Howard Payne College, Mo. '59.
 Birdie Ann Hale, White House, Tenn.; Lambuth College, Tenn. '59.
 Herman Hein, Jr., Waverly, Iowa; Wartburg College '59.
 Brooks Hudson, Shubuta, Miss.; Millsaps College, Miss. '57.
 Willoughby C. Johnson, Columbia, Mo.; University Missouri '59.
 Sue Lewis, Cincinnati, Ohio; Hanover College, Ind. '59.
 Geraldine Macdougall, Apohaqui, N.B.; Acadia University, N. S. '59.
 Carole Sue Main, Upper Sandusky, O.; Otterbein College, O. '57.
 Charles Lowell Narlin, Naylor, Mo.; University of Missouri '58.
 Robert B. Mims, Jackson, Miss.; Millsaps College, Miss. '57.
 Irene Mountain, Summerside, Prince Edward Island; Acadia University, N. S. '59.
 Nels M. Nelson, Spokane, Wash.; East Wash. College of Education '56.
 Lloyd C. Oakes, Wolfville, Nova Scotia; Acadia University, N. S. '61.
 Joan O'Connor, Charleston, W. Va.; College of St. Marys of the Springs, O. '58.
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 Wilford Freeman Patterson, Long Beach, N. B.; Acadia University, N. S. '59.
 Judith Peterson, Loup City, Nebr.; Nebraska Wesleyan University '59.
 Marilyn Ann Quigley, Columbus, O.; St. Marys of the Springs College, O. '58.
 Clifford L. Rigby, Gulfport, Miss.; Millsaps College, Miss. '56.
 Albert H. Roberts, Corner Brook, Newfoundland; Acadia University, N. S. '59.
 Philip Roberts, Magog, Quebec; Acadia University, N. S. '59.
 Anne Hart Rose, Canal Winchester, O.; Otterbein College, O. '59.
 Esther Stoltzfus, Elverson, Pa.; Goshen College, Ind.
 Maulyn Ann Sundquist, Lyons, Nebr.; Nebr. Wesleyan University '59.
 Peter N. Synodis, Long Beach, Calif.; Univ. of Southern California '57.
 Roxy Vander Schaaf, Sioux Falls, S. D.; Nebr. Wesleyan University '59.
 Lucile Wilson, Jacksonville, Fla.; Mars Hill College, N. c. '59.
 William Wilson, Itta Bena, Miss.; Millsaps College, Miss. '58.
 Theodore L. Zawistowski, New Britain, Conn.; Teachers College of Conn. '58.

JUDGES

Dr. George A. Little, Editor, Writer, Organizer of Alcoholics Anonymous, Toronto, Ontario
Prof. Robert Root, Department of Journalism, Syracuse University, Syracuse, New York.
Rev. Wayne W. Womer, Secretary of Alumni, Yale School of Alcohol Studies; Exec. Secy., Va. Church Temperance Council, Richmond, Va.

Trial Balance

By Lloyd C. Oakes, '61

Acadia University, Wolfville, Nova Scotia

AN ACCOUNTANT runs off a trial balance on his ledgers, and if both columns balance, he knows his entries in the books are correct. His debits balance his credits.

In the same manner, the individual must enter his views of abstinence on one side of the ledger, and moderation on the other side, then with careful study determine whether one balances against the other.

A young man working in a large foundry in Toronto, Ontario, recently said, "A job like mine takes it out of you, but — ale puts it right back in." This ale quenched his thirst and took away that tired out feeling.

A distillery of distinction makes the following statement. "Our rum is scientifically tested and found to effect you less than others. Drink this rum and breathe easier."

If leading magazines can print statements saying that certain alcoholic beverages are good for thirst and relaxation, why should people be against it?

After a hard day at the office, it is good to sit down and have a small drink. It picks you up and you don't feel so tired. This is what some leading men of our country say. So if they are right, then alcohol must be all right.

A certain magazine, known as Canada's magazine for young families, has an advertisement for different drinks on two out of every five pages. Would you not say that they must be right in their ads if they are allowed to print such facts. Surely we cannot argue that they are wrong. In fact people have proven that some of these statements are true.

Many of my friends drink moderately, and they say it has not impaired them in any way. Some say they cannot work well unless they have a drink to boost them

along. If this is true, can we argue against alcohol? Are we to believe alcohol hurts us after seeing the above statements?

Let us put these on one side of our ledger, and proceed to place our facts about abstinence on the other and see if they balance.

In an issue of the periodical "Forward", M. G. Briggs relates her experiences as an alcoholic. She says, "I will always remember when I was in the grip of the VICIOUS DISEASE of alcoholism." We must agree that the word vicious might be correct, but the word disease as applied to alcoholism is a misnomer. If alcoholism is a disease, it is the only disease that requires a license to propagate it; it is the only disease that requires nearly 500,000 outlets for its spread to those possessed of a thirst for it; it is the only disease that is habit forming; it is the only disease which causes accidents; it is the only disease without a germ or virus cause, and for which there is no corrective medicine; it is the only disease which causes slowness in a person's ability to act and think quickly; it is the only disease which has ruined nearly 4,000,000 people's lives in the United States.

Today's top ranking athletes agree that abstinence is the only answer to good sportsmanship and sobriety.

He who would get at the root of its pleasure and pain, its peril and penalty, must look at the effects of alcohol on the brain.

The brain is the seat of higher intelligence, while bodily habits such as digestion, growth, breathing, blood circulation and the like are controlled by the nervous system.

When man takes a drink, a certain part of the alcohol passes into the blood and is carried through the body. Therefore, it passes into the nervous system. The first effect on the nervous system is the nerve centre which controls the blood supply. This is where the stimulation comes in, causing the heart to beat faster.

The action induced on the brain is of a nature of a progressive paralysis, taking its effect on important parts first. It is the most delicate part of the mental

(Continued on page 30)

To Insure Survival

By Marilyn Ann Quigley, '58

St. Mary of the Springs College, Columbus, Ohio

MOST OF US are scared stiff. Today, more than ever before, we face a world of anxiety and fear. Millions of dollars are being poured into defense, while the world's diplomats are trying desperately to balance a tense peace on their weary shoulders. Mankind is simultaneously presented with the prospect of better things to come and the threat of atomic destruction. And we wonder: what next?

Yet, in a country seeking peace and freedom, more and more people are facing lives of chaos. While we struggle with all our power to keep democracy alive, many of our citizens are enslaving themselves in the never-never land of alcoholism. According to Dr. Charles H. Durfee, author of **Should You Drink . . .**, "it has been estimated that there are over sixty million consumers of alcoholic beverages in the United States and that about four million of these are what the medical profession terms alcoholics." Dr. Durfee further reveals that "of recent years alcoholism has risen to become our fourth national health problem."

Alcoholism's imminent threat to society as a whole is evident in the tragedy of every man whose abilities and dreams have been paralyzed by it. The powers of alcohol to rob man of his freedom and to stagnate his once lively mind are terrifying. All around us we can see its disastrous effects in broken homes and shattered lives. What can we do to prevent such tragedies?

To many people, the only solution lies in total abstinence from alcoholic beverages. Much can be said for abstinence as a positive solution to the problem. During a panel discussion given at the Yale Summer School of Alcohol Studies in 1944, Harry S. Warner pointed out that the natural, healthy way of life is non-alcoholic. Concerning alcohol, he said that "the pleasure it offers

is a path of illusion; the relief it gives is largely one of delusion."

If a person never takes a drink, he can never take that "one too many." Moreover, total abstinence has other advantages. The abstemious man usually has a strong control over other tendencies which could be dangerous to society. Abstinence helps to develop sound character, and strengthens a man's persistence in the face of challenging situations. Alcohol dulls the mind and arouses man's lower instincts. In our uncertain world, we need men who can readily make sharp distinctions and important decisions; we need leaders with self-control and the courage of their convictions. Abstinence is self-control; it might well be the solution to our problem of alcoholism.

But total abstinence is not the only answer; moderation is a more popular solution, and in many ways a more practical one. Actually, it is the same solution found to problems arising in all fields of human activity. For example, man must submit his free will to civil law for the common good; he must control his aggressive tendencies so that they will not infringe upon the rights of others, and so on. Man is not expected to give up his freedom or his ambitions; but he must use them reasonably and moderately.

Seen in this light, our problem becomes a less drastic one. In an interesting article in the July issue of **Science Digest** for the year 1954, Dr. Edward A. Strecker spoke in favor of moderation. "As a psychiatrist I have been asked many times to make sweeping statements against alcohol," he said. "This, of course, is impossible." Dr. Strecker pointed out that alcohol has its merits when sensibly used; the important question that must be asked is "do you use liquor—or abuse it?" Drinking of itself is not evil; the evil lies in drinking in excess. Man may drink as long as he drinks in moderation.

What does this mean? It means being able to take one drink and to say no to the next. It means refusing a drink now and then to preserve the ability to refuse. It means seeing drink in its proper light: as a pleasure.

(Continued on page 19)

All Is Not Gold

By Kay Stilwell, '56

University of Redlands, Redlands, Calif.

WHAT HARM is there in a fellow drinking a couple of beers?" This is the challenge of the person who believes that moderation is an adequate answer to the problems of alcohol. It is a simple question. But it is not simple to answer.

The moderate drinker believes that the good things of this earth are offered for us to enjoy. When we take any of them at times or in ways or degrees which are unwise, they become evil. This is true of exercise, rest, play, and food. It is true of drink. We can indulge in any good thing to excess and be harmed by it, but that does not prove its nature evil.

The problem of alcohol should be treated the same as the problems of sweets. Excess desserts are unhealthful, yet many great businesses have capitalized upon the nation's sweet tooth. Dietitians and dentists have not tried to suppress such businesses or their advertisements. They realize that this is a matter of personal discipline. Just because a few people are prone to overweight or diabetes is no reason to outlaw sweets for everyone. A moderate amount of candy and ice cream does not harm the ordinary person. The rule for each man to follow in his own life is Aristotle's Golden Mean, the way of wisdom between extremes.

This Golden Mean, doctrine of the moderate drinker, glints invitingly in every amber glass of beer on a bill-board. It is the attraction both in pale yellow liquor and in the ruddy, heady spirits that sparkle like burnished metal. The appeal of alcohol is a warm golden promise to the individual: the promise of thrill-treasures and rich golden peace.

According to those who favor abstinence, this gold is fool's gold. The warmth that alcohol gives the body is

known to be an illusion; alcohol actually makes the body colder and slower. The man of distinction is no more distinctive than any other reckless driver. Abstainers can tell you how a moderate drinker's moderately slow reactions moderately killed a child. Is death ever moderate? There is no moderation in any degree of destruction.

"I can quit any time I choose," says the drinker. "I've already quit a couple of times . . ." Self-deception is a trait of addiction. There is only one first drink, but the number of "last drinks" is unlimited. The only sure way to avoid the fatal drink is to avoid the first one.

For anyone who strictly followed the principles of moderation, total abstinence would not mean much more deprivation. But like most creeds, the creed of moderation is honored more in words than in drinks. The very motivation which leads people to drink at all demands that they drink more than moderately.

Even assuming, however, that it is possible for a drinker to absolutely limit his alcoholic consumption to "a couple of beers" we face the issue of social responsibility. The moderate drinker is supporting both the businesses and the social mores which entrap those who lack his self control. Only if financial and social support of alcohol are withdrawn, will potential alcoholics be safe from the blandishments and pressures which are their downfall. St. Paul entreated strong men not to be stumbling blocks to their weaker brethren. We do not entice those we love by indulging in our own minor pleasures before them if we know that such behavior will hurt them. We have been told to love all men and act accordingly.

In conclusion, both moderation and total abstinence recognize the problems of alcohol—its destructive effects upon human behavior and property. One who is able to follow the tenets of moderation will have solved the problem for himself. Those who follow the more narrow way, total abstinence, will be solving the problem for society. It is a choice between pagan philosophy and the words of Christ: the Golden Mean or the Golden Rule.

A Pertinent Question

By Norman Watt, '59

Calvin College, Grand Rapids, Mich.

THE MANY PROBLEMS that alcohol consumption presents to both the individual and the public have provoked a good deal of thought, discussion, and even intensive study. Some people feel that moderation is the answer, while others believe that total abstinence is the only solution. Since both sides offer reasons in support of their beliefs, which are worthy of serious consideration, the important question is this: Which position would be the more successful upon application—moderation or abstinence?

Those who advocate moderation point to the relative harmlessness of moderate use by referring to statistics which show that moderate users, in comparison with abstainers, have only a slightly higher mortality rate and approximately equal life span. A study was made by the Illinois Institute of Technology to determine the effect of moderate amounts of liquor upon learning and retention of what is learned. It was found that the rate of learning and the amount of knowledge retained were hardly affected.

Since there is widespread belief that little or no harm comes from drinking moderately, several reasons are considered, by some, worthwhile excuses for indulging on occasion. Perhaps the most common reason for moderate drinking is to conform with social custom. In many circles today a person is practically an outcast if he is not sociable enough to accept or offer a strong drink. Alcoholic beverages are frequently employed to quench thirst although there is some doubt as to their effectiveness. Many people drink to get a feeling of exultation, to get relief from physical pain, to banish anxieties and frustrations, or to escape from something.

When the advocates of moderation are attacked for religious reasons, they usually refer to Christ's drink-

ing of wine and the use of wine in the Lord's Supper. Also, most scripture texts dealing with the consumption of alcohol condemn drunkenness and not moderation. Some texts even condone the use of strong drink upon occasion. Moderation in all things is scriptural and therefore, why not alcohol? At least, so say the supporters of moderation.

The best argument abstainers have for their position is that every excessive drinker was at one time a moderate drinker. It is highly improbable, if not impossible, that a person, other than a neurotic, could go directly from abstinence to alcoholism without having gone through a moderation stage, except during times of catastrophe. It follows logically, does it not, that moderation is a probable first step toward alcoholism. As long as a person remains an abstainer, he has little chance of making the jump to excessive drinking.

Alcoholism is not the only probable consequence of moderate drinking. While under the influence of relatively small amounts of liquor, people do things that they would not ordinarily do. They become vulgar, silly and more easily provoked to anger. They often get into trouble with the law. A statistical report published by the Federal Bureau of Investigation shows that 60.9 per cent of all persons held for prosecution in the nation's major cities were accused of offences directly chargeable to alcoholic beverages, the offences being drunkenness, disorderly conduct, driving while intoxicated, and liquor law violations. It might be thought that a majority of the cases would be excessive drinkers, but comparison with another report points the finger at the moderate drinker. Warden Edwin Swenson of Stillwater Penitentiary in Minnesota has been quoted as saying that of 940 prisoners, only twenty-eight per cent were problem drinkers and alcoholics, nine per cent were non-drinkers, and sixty-three per cent were moderate drinkers. Although there are, by far, more moderate drinkers than problem drinkers and alcoholics in the United States, the proportion shows the effect of moderate drinking on our nation's crimes.

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Abstinence Or Moderation

By F. R. Matthews, '57

Louisiana Polytechnic Institute, Ruston, La.

“**T**HROUGH THE LONG experience of my father and my grandfather, extending over a period of more than 100 years, I have reached the conviction that no other cause has brought so much suffering, so much disease and misery as the use of intoxicating beverages.” This statement was made by Charles Darwin more than seventy-five years ago. It is still applicable today. There are probably, between sixty and eighty million people in this country who drink alcoholic beverages in some form. Satisfaction and problems connected with drinking are derived from one process, the depressant action of alcohol. This includes a reduction in speed of reaction, in ability to discriminate, and in exercise of control over behavior. The effect of alcohol on learned behavior, especially self evaluation and self control, is the most important. The consequent behavior of the drinker lacks control or discrimination. Drinkers are classified as drunkards, drunken drivers, chronic drunkards, and alcoholics. They are a menace to themselves and to society. The by-stander killed by the drunken driver, the alcoholic's family and friends torn between shame and pity, love and disgust, and many others are greatly affected by those drinkers who have lost their self control.

“In January the Yale University Center of Alcohol Studies reported that there are now 4,589,000 known alcoholics in the United States.” Statistics show that annual fatalities in auto accidents alone where alcohol is involved exceeded our deaths in the Korean War. Our jails and workhouses the country over exist primarily for the temporary restraint of those found guilty of drunkenness.

Organizations and individuals confronted with the problem of alcohol have tried many approaches to the

solution of their problem: pledges, prayer, threats, punishment, pity, medical treatment, etc. One of the most effective organizations thus far is Alcoholics Anonymous, made up of former alcoholics. This group uses the method of counseling. The fact that they have had the same problem and have overcome it helps the patients tremendously.

What should parents tell their adolescents about drinking? If they say, "Go ahead and drink a little socially," are they saying it to one who will eventually escape from reality and everyday problems by drinking excessively? "No society can long tolerate uncontrolled and inadequate behavior."

"Alcohol, if sensibly used, well diluted with social intercourse, and not taken to excess tends to minimize initiated feelings. A drink with friends smooths off some of the rough edges and temporarily at least, eases some of your burdens." Normal use of alcohol will help the drinker relax and will make life a bit more pleasing. The normal drinker has simple motives for drinking. Alcohol tends to induce a pleasant feeling tone, accompanied by mild mental and emotional stimulation and physical relaxation, which makes for good fellowship. Moderation in drinking has these social satisfactions.

We cannot escape the fact, however, that from sixty million social drinkers come the majority of our serious chronic alcoholics each year. We are finally beginning to realize that alcoholism is a disease and should be treated as such. Psychiatrist David Landau believes that a partial solution lies in reaching the not yet confirmed alcoholic before he reaches the point of no return. Total abstinence is the only way an alcoholic can be cured. It would be much easier to abstain before becoming an alcoholic. If a person never drinks socially, he cannot possibly become an alcoholic. Total abstinence would be hard for many people, but I believe it would certainly be worth the effort.

"From a mental-hygiene standpoint it can be said that the use of alcohol as a beverage in any form should be abolished. The advice of a physician, to an individual patient seeking it, in the light of our present day knowl-

edge, can be only total abstinence without compromise." If every person would honestly weigh the literal horrors which the use of alcohol has brought to millions of American families against the temporary and fleeting pleasure it gives, I believe he would advocate abstinence as I do.

*Seeking to Measure
the Degree of Danger*

Abstinence! Moderation!

By Paula Marie Rigdon, '57

University of Missouri, Columbia, Mo.

MOST PEOPLE agree that the problems alcoholism has raised today are serious and worthy of immediate attention. However, agreement on the method of solving such problems is not so well defined. Opinions fall into two general categories: abstinence and moderation. Groups have banded together holding one proposal or the other aloft as its watchword, but, before an alignment is made with either, consideration should be given to the fundamentals of each plan.

People tend to blame alcoholism on everything but alcohol — bitterness, unhappiness, frustration, anything. Actually, the habit forming nature of alcohol itself is at the root of the problem and causes the real trouble. The group supporting the abstinence movement feels that alcoholism is a disease, but the "germ" — alcohol — is tolerated by the Public Health Authorities. In no other disease do we treat only the effect and simultaneously advertise and encourage the cause. Those favoring abstinence point out that sixty million consumers spend \$3,000,000,000 per year on liquor to help create our fourth largest national health problem.

By inhibiting or depressing the mental faculties, alcohol prompts a person to allow freer play to impulses which conscience usually holds in check. J. Edgar Hoover has said that, "The greatest single factor in the rapid increase of delinquency and crime among youth has been the drinking habit of either the youth or the

parent." The abstinence group points to the outrageous number of automobile accidents which involve liquor as a glaring example of the damage done by alcohol consumption. We are reminded of our indignation over "illegal slot machines, murder, rape, racketeering, **dope** peddling, prostitution and political corruption," while the one thing which contributes most to these problems "enjoys not only immunity but the respect of law and the people."

In considering the importance of the revenue from the liquor tax, Dr. Lester Breslow of the California Department of Public Health found that California's alcoholics (not counting the enormous costs to the courts) cost the state twelve times as much as the total liquor tax revenue."

Thus the group is lead to consider drinking the major social evil in the country today, and to advocate continuous abstinence as the solution to the problems drinking causes.

The defenders of moderation, however, believe that "the degree of danger from liquor is not measured in pints or quarts but in human personalities." The amount of liquor consumed, and a person's drinking habits are not the only measures of alcoholism. Why a person drinks, what alcohol does for him, and the place it holds in his life are equally important questions when deciding if liquor is used or abused.

The moderation faction feels that the occasional use of alcohol helps the drinker relax and makes life more pleasant. To drink on occasion is not intrinsically evil. Moderate drinking does no harm and can add to the pleasure and grace of living. "To deprive all men of their liberty to drink because some men abuse this liberty" is contrary to the plan of the moderates. They feel that the problems of the alcoholic would not exist extensively if the basic problem, drunkenness, were taken more seriously. A man must realize that one glass is more satisfactory than six. While one glass may refresh or relax, six glasses "befuddle the mind and deaden the vitality."

When prohibition ended at 5:32 p.m. on December 5,

1933, President Roosevelt tossed out the first high ball in the form of a proclamation. Since that time the alcoholic beverage industry and its supplying industries have grown to contribute largely to government revenue as well as provide income for millions of workers. The moderates remind us that abstinence would not only crush the incomes of these people but also throw the country back into the bootlegging era.

As Reverend Alson Smith states, "Social acceptance of alcohol and its status as a folkway, derived from hundreds of centuries of human use, cannot be quickly or easily repealed." The moderates feel that each person should decide about drinking according to his own behavior. He should consider his family, his neighborhood, his religion and government. That a person be allowed to make this decision is a point which the moderation group considers essential to life in a free nation.

Although both views have valid arguments, it is hard to ignore the idea that circumstances and situations determine the degree to which a person drinks. Thus, the problem becomes one for the individual to solve, not alone, but with the aid of a thinking society which must consider both **abstinence** and **moderation**, words which aim in the same encouraging direction.

TO INSURE SURVIVAL

(Continued from page 10)

which may be used, but not abused.

Drinking may unite men in warmth and good cheer, but it can all too easily become a raging fire wreaking havoc and destroying everything in its wake.

Which course is better: abstinence or moderation? Both are effective solutions to the problems caused by alcohol. In the long run, each individual must decide which method is better for him which method he will use to protect himself, his family, and society.

Each one of us must make such a decision if we are to insure the survival of a safe world. Let us solve the problem confronting us today so that with courage and high hope we will be able to accept the challenge of tomorrow.

*Only Known Sure Way
and Its Alternative*

Abstinence And Moderation As Solutions

By Donald L. Brehm, '59
Otterbein College, Westerville, Ohio

ALCOHOLISM is a major health and social problem that must be met and treated. In our complex society today this problem is a concern which all of us share. Whether we drink or not, we are involved in some way, directly or indirectly, by its effects. Religious convictions, politics, economics, and other similar factors should not pressure us into adopting policies which tend only to antagonize both drinkers and non-drinkers. Objective, unprejudiced study of alcoholism in modern living is surely the most promising approach to a solution of this vital problem.

Abstinence is obviously the only known sure way to prevent all the evils consequent on the consumption of alcoholic beverages. However, abstinence is not the answer for those who insist on experiencing the epicurean pleasures of alcohol or for those who insist on drinking for the sake of company, and most drinking in America today falls into the latter category. As a whole, then, the alcohol problem is that of preventing social drinking from developing into excessive drinking and its inevitable problems.

If total abstinence is not the most practical solution, then moderation is perhaps the only alternative. Moderation as an effective solution can be used to the best advantage only by study and remedy at the basic root of the problem. Many of the problems attributed to alcohol stem from ignorance and misunderstanding of the effects that can result from consumption.

Education should be the fundamental basis in approach to a solution. The desire for alcohol is not inborn; it is learned. We must teach ourselves and our children that

excessive drinking can lead to disturbed personalities and leave gigantic burdens on society—consequences that go far beyond the gratifications they afford. We must educate ourselves with respect to our moral and social obligations to society. We must learn the wisdom and virtues of moderation.

Church, school, and community are important factors in building a realistic educational program, but the home is by far more influential in cultivating attitudes towards alcoholic indulgence. Educating our younger generation is of prime importance, for it is they in whom the future progress of our nation depends.

The main responsibility in educating our young people lies with the parents. Because of enticing and often misleading advertisements in favor of drinking that infiltrate the home through the media of radio, television, magazines, and newspapers, we can not shield our children from the awareness and confusion that is bound to result. If the parent holds to the belief that drinking is wrong, he should impart his convictions to his sons and daughters. On the other hand, if the parent has no objection to drinking, the least he can do is to teach his children the evils that can result from excessive and careless use of alcohol. The parent needs to set a good example and execute good judgement himself if he is to be sincere in his desire to instill good morals in his children.

We should help our young people understand that any satisfactions obtainable through the use of alcoholic beverages can be obtained equally as well and less hazardously without them. We must teach our children that rest, recreation, and religion are far the most satisfactory means of easing the mental and social problems created by society. We should encourage and help our young people to develop positive habits of personal health and social behavior; we should cultivate, encourage, and promote among them attitudes and activities which will help them meet and overcome many of the social pressures responsible for the use of alcoholic beverages. A person whose moral and ethical principles are grounded deeply in his makeup is not likely to go against

them because of alcohol.

Our younger generation of today will carry their thoughts and influence into tomorrow's civic and social affairs. One generation educated with respect to the facts concerning alcohol and the value of moderation and abstinence can be a dynamic factor in a change in social attitude toward alcoholic indulgence.

*"The Choice is
Up to You"*

"To Drink Or Not To Drink . . ."

By Nancy Wilson, '59

Nebraska Wesleyan University, Lincoln, Nebr.

THE MODERN ATTITUDE toward alcoholism is to regard it as a disease which needs sympathetic understanding and care—not as a criminal tendency which should be punished. Drinking, however, is also a moral problem. No one excuses people who drink polluted water for ignoring the possibility of getting typhoid fever. The social or moderate drinker is taking just such a chance in view of the fact that sixty percent of all alcoholics get that way by conforming to the social standards of their group in regard to alcohol.

The problem facing the young people of my generation is whether to drink in moderation or not to drink at all. Alcohol has been a problem ever since it was discovered, the problem becoming more acute after the Industrial Revolution when liquor became available to the masses of people at a price they could afford. It continues to be a problem today. Just in the last 150 years, however, there has arisen a small but strong minority of total abstainers. This group constitutes about thirty-five per cent of the adult population of the United States. Sixty-five per cent drink occasionally or oftener. This is partly due to the tremendous social pressures exerted by those who must keep up with the Joneses and by the multimillion dollar advertising campaign promoted by the brewers of America. They succeed in making drinking look very glamorous and de-

sirable.

Objective education is an important factor in the personal decision either for abstinence or moderation. All valid scientific evidence about the effects of moderate use of alcohol should be examined. How many people who say, "Oh well, one drink can't hurt me," know that from the first drink and from small amounts, the mind and its functioning are disturbed and put out of balance. Moderate drinking, particularly if done early in life, will probably eventually do organic and functional damage to the body.

Many people who decide against total abstinence attempt to discover their capacity for and ability to handle liquor. Individual tolerance depends partly on the weight of the body—the more weight, the more body water to absorb the alcohol. It is primarily a physiological phenomenon. Those who choose to be moderate drinkers need not fear that they will become alcoholics if some member of their family has been, because science has definitely proved that alcoholism is not hereditary. In some cases, however, environmental circumstances, emotional stability, and temperamental predisposition may be such that it would be a fatal mistake for the person to take his first drink. Neither is there proof that moderate drinking shortens life. The moderate drinker may live just as long as the non-drinker if he doesn't die in an automobile accident or become involved in a crime. Police statistics show that drivers whose blood has .07% alcohol have three times as many accidents in which there is injury as non-drinkers. They also find that one-third of all crimes in the United States are associated with drinking. These are some of the risks involved in moderate drinking, and should be thoroughly investigated before the choice is made.

What about the person who chooses total abstinence? Will he have more trouble getting his customer to say "yes" to a business deal if he doesn't first soften him up with a drink or two? Will he be shy and inhibited at social functions? Will he never feel such elation as that produced by alcoholic intoxication? Just why would one choose to abstain totally from drinking when "every-

body does it" and it is the accepted thing to do?

There are many reasons for total abstinence. Some of these were published in a leaflet called *Sixteen Reasons Why an American Youth Chooses not to Drink*. First, the American youth feels that this is not the age for drinking—the problems of today require all the good judgement and reasoning power we can muster. Second, alcohol reduces personal liberty by making one become utterly dependent upon it. Alcohol also causes nutritional deficiencies which lay the drinker open to attack of disease. A most important reason is that a real source of human happiness comes from having good physical health. The example set by those who drink may cause the downfall of a weaker person. It seems to me that this places a tremendous responsibility on the drinker.

Moderation or abstinence—the choice is up to you.

*Analysis of Abstinence
and Moderation*

To Drink Or Not To Drink?

By David R. Freeman, '56

Morris Harvey College, Charleston, W. Va.

THE USE of alcoholic beverages has early beginnings and is accepted in most societies as custom.

But in America we find a sharp division on the question of drinking. America is in a stalemate on how to combat evils of excessive drinking. Moderate drinkers and the abstainers can't agree. To drink or not to drink is the question facing youth today and both sides are presenting convincing arguments.

Sixty to eighty millions of Americans drink alcoholic beverages. Out of these 4,000,000 are excessive drinkers and three-fourths of these need hospital care.

An alcohol beverage must contain 0.5% alcohol to be so classified. This includes today's beers and light wines. The effect of alcoholic beverages has been much debated and misunderstood. Alcohol is classified as an anesthetic and as more is taken into the body's system, the de-

pression of the central nervous system increases with exhilaration, drunkenness and stupor. Alcohol is not habitual physiologically as are narcotics. Most authorities say, though continual excessive use leads to grave illness, that the social effects of drunkenness are of greater concern than the physical.

Abuse is No Argument

Moderation is a very popular word. It suggests reasonableness and balance in one's life. It is extolled in most religious faiths and esteemed by all Americans. When applied to alcoholic beverages, moderation means drinking small quantities without drunkenness or illness arising from over-use.

The ancient Roman saying "abusus non tollit usum," that abuse is no argument against proper use, is the watch-word of the moderate drinker. If a few misuse the automobile, that is no reason to ban all cars, etc.

The brewing and distilling industries, along with private movements, have been the spokesmen for moderation. Their legitimate reasons for drinking include relaxation and enjoyment. They point with pride to the extension of moderate drinking and the shift from the saloon to the home.

Many moderates are Christian and find evidence in the Bible to support their moderation. Churches accepting moderation are just as concerned with the problems of abuse as is any abstainers' group.

Why Abstinence

Total abstainers are no longer characterized as the militant temperance workers of the past, but they are just as concerned.

They do not separate moderation from the problems arising from drinking. To them prevention is the only answer to the destructive effects of over-drinking and alcoholism. Abstinence is prevention.

Abstainers say all legitimate values in the use of alcoholic beverages may be achieved through the use of other beverages where there is no great evil arising from abuse.

Even if a moderate drinker suffers no direct personal harm from the practice and perpetrates no direct harm

upon others, his practice does support a social evil that is widespread in our society.

Abstinence leaders realize that there is much we don't know about alcoholic beverages yet. Its social effects of increased crime, disease, highway accidents, alcoholism, and absenteeism are enough to convince them abstinence is the best cure.

This second position is the one I hold. It is mine because of home and church training, surely, but also because the reasoning and conclusions are more in keeping with my total values. This does not mean that I glibly condemn all moderate drinkers, but I hold abstinence to be the better choice.

Co-operation Needed!

Today truly confusion reigns. American churches are in sharp disagreement. Political conflict continues. Education falters. We can't agree, but something must be done. The number of alcoholics runs into millions, annual fatalities in auto accidents where alcohol is involved exceeds Korean death toll of one year.

Raymond McCarthy and Edgar Douglas in their book **Alcohol and Social Responsibility** suggest that these groups do share certain ideals of social and individual responsibility which, if merged into a program of joint action, might have tremendous influence in modifying public lack of understanding and attitudes toward the use of alcoholic beverages and the control of their use.

People need to talk about the problems more and to be better informed. This will only happen when the moderates and abstainers can set aside their critical aggression and defensive hostility and work together in a program of constructive investigation and discussion.

When a social drinker comes to feel a persistent need for alcoholic beverages in any quantity with an unsatisfied emotional pressure which is not being relieved through suitable channels, when help of these drinks is essential for participation in social activities, then is the time for moderate and abstainer alike to be concerned and to aid in preventing destruction of personality. Then is when co-operation is needed!

Alcoholism, Moderation, Or Abstinence

By Carol Harvey, '59
Queens College, Charlotte, N. C.

THE PROBLEM of alcohol and its use has faced the world for a countless number of generations. Today the question is just as urgent as it has ever been. Perhaps it is even more so because of the conditions of the modern world. There can be only three answers to this question: alcoholism, moderation, or abstinence.

Alcoholism is one of the worst diseases that can afflict a person. In return for the pleasure or oblivion caused by alcohol, the drinker gives his self-respect, his health, and his position in the eyes of his fellow men. The drinker generally has one of four excuses for his intemperance. In the constitution of all people there is a certain desire for excitement. The thrills of drinking can be used to satisfy this desire. In the pace of the modern world, there is a great deal of strain. Liquor can bring about relaxation. Social pressure may be brought to bear in such a manner that a person may feel compelled to partake in order to be accepted. In the frustration of everyday living there may be a need for a means of escape. Alcohol can bring on a day-dream world in which all failures are rationalized, enemies are discomfited, and success is magnified. At first glance these effects may seem good, but there are others that more than offset them. Accident reports are filled with statistics of casualties caused by drinking. It is known that drunkenness causes many homes to be broken. Hospitals and mental institutions are filled with cases in which alcohol has become the prime interest. Most tragic of all is the heart-break caused by the effects of alcohol on both the drinker and those who know him. These facts make it

quite evident that alcoholism is to be avoided if in any way possible.

The oldest proposed solution for the alcohol question is moderation. If this is to be the solution, ways must be found to prevent alcoholism and therapies to cure it when it does occur. Both prevention and cure have two aspects: the education of youth to both the motives and the effects of alcoholism, and intelligent adjustment of family and social experience. Both aspects have been under trial for some time in our society, but the practice of moderation never quite lives up to its high principles. Even at its best, moderate drinking has its hazards. The most serious of these is the possibility of becoming a heavy drinker. Those who drink develop in their desires for an increased effect and so drink more and stronger intoxicants. At the same time they must drink proportionately more to produce the same effect because of acquired body tolerance. In short, as long as liquor maintains its inherent qualities and human nature and society are filled with frustrations and deficiencies, a moderate society seems very remote.

Abstinence is the only answer to the question for three types of people. Those who have abnormal mental or personality traits, the normal persons who are easily overcome by a small amount of liquor, and those who derive a great deal of satisfaction or pleasure from drinking or its effects must shun all forms of alcohol as though it were a plague. Other types of people may choose abstinence out of a conviction to duty stemming from religious ideals or social responsibility. Those who seek to base abstinence on a Biblical command will not be successful in doing so. Nowhere in the Bible is it stated that it is wrong to drink. However, one of the basic principles of Christianity is brotherly love. With reference to this the Bible says, "It is right not to eat meat or drink wine or do anything that makes your brother stumble." This in itself is enough to cause some people to choose never to indulge in strong drink. Others stop to consider the damage that can be done by alcohol. Thomas Edison said that putting alcohol into the body is like throwing sand into the gears of intricate machinery.

The very thought of the pain and sorrow that may be caused by alcohol demands that it never be used. Many people consider the alcohol problem a moral question. For them the answer must come from their own personal convictions. They may take the verse, "So glorify God in your body" and make the decision to abstain from alcohol.

Of the three answers to this most important question, it is evident that only one is destined for complete victory over the problem. Alcoholism with its terrible effects is to be avoided at all costs. Moderation, though acceptable under perfect conditions, will probably never succeed in the modern world. The only way to triumph over the situation is to determine to adopt abstinence as the answer.

MODERATION OR ABSTINENCE

(Continued from page 2)

found through music, recreation, or good conversation where there is no chance of making a fool of oneself.

Temporary excitement, escape from the hum-drum of life. Life is best met by facing up to reality. Once alcohol provides a means of escape, drinking has become immoderate.

Social Custom. Through millions of dollars of distillery propaganda each year, drinking has achieved widespread social acceptance. This is not a valid reason for drinking, though, because over 35% of the adult population are abstainers.

The Right to Drink. Many drinkers feel their drinking is solely a personal question and is quite within their rights. They do not realize that their drinking can have far-reaching effects in society. Over half of the automobile accidents in Ontario were caused by moderate drinkers. Each year industry in the United States and Canada loses \$1,000,000,000 in absenteeism and poor workmanship attributed to drinking. Most important of all, it has been found in Canada that one out of seventeen who start to drink will become chronic alcoholics; three more will become problem drinkers. Alcohol is a habit forming drug and can lead to alcoholism in any normal individual.

regardless of age, education, social status, or good intentions.

And here is the strong argument of the abstainer. How can a Christian contribute to a process which leads to ravaged personalities, broken homes, and untold misery in a substantial proportion of the population? (7% in the U.S.) It seems a tragic paradox today that the general public lauds the moderate "man of distinction" while it ridicules and shames the diseased alcoholic.

To anyone with a sense of economy, it must be evident that our present "moderation" is costing us more than we can afford. Canadians spend far more on drink than on education, church givings, or savings, for instance, and alcohol tax accounts for only one-fifth of the total cost of handling alcoholic disorders, legal cases and other disturbances arising from drinking.

In the last analysis then, moderate drinking accomplishes no good purpose which could not be obtained in far better ways. Moreover, it is far too dangerous and costly in terms of money and broken lives for us to take the chance. Let us devote our time, money, energies, and reasoning power in more worthwhile avenues!

TRIAL BALANCE

(Continued from page 8)

machinery that is first impaired. Then the loss of self-control.

No matter how moderate a drinker he may be, he will want more later on. Moderate drinking is a stage; it is not a fixed point. He takes so much then says that is all, but the sensitive body has advanced in alcoholic dissolution. What was moderation yesterday is not moderation today.

Now that we have a small but fair analysis on both sides of the balance sheet, let us see how they balance one another.

No, they do not balance. The only answer is total abstinence. Those who know the facts try to instill in the minds of the younger generation the problems they will encounter with the usage of alcohol.

A PERTINENT QUESTION

(Continued from page 14)

The American Medical Association reported the results of a research project aimed at determining the effect of strong drink on mental alertness. The Association recommended a three-hour waiting period between the drinking of just two highballs and the attempt to do any task requiring mental alertness. Is it any wonder that there are so many automobile accidents resulting from even moderate drinking? Who waits three hours for that drive home?

Many examples could be cited concerning the general acceptance of the evidence condemning strong drink. For instance, some insurance companies offer reduced rates to total abstainers under a "preferred risk" plan. It appears to me that if insurance companies realize the value of abstinence in regard to the risk of their money, how much more should we policy-holders be concerned about the risk we are taking with our very lives when we partake of that liquid destroyer, Alcohol. I firmly believe that one drink at the proper time can very likely constitute the first step on the road to alcoholism. Abstinence is the only positive prevention. Why take chances with moderation?

ABSTINENCE VS. MODERATION

(Continued from page 4)

It has been proved that a small amount of alcohol serves to ease ruffled feelings. A small amount of alcohol helps people to relax and to see petty grievances in the proper perspective. There is little evidence that moderate drinking will shorten life, nor is there any scientific evidence that even excessive drinking will cause permanent damage to the heart or kidneys. Although alcohol may irritate a stomach ulcer, it will not cause one. Alcohol which dilates the blood vessels, is a valuable medicine for those suffering from arteriosclerosis and other circulatory disorders.

The proponents of moderation maintain that as long as a person uses alcohol sensibly the problem of alcoholism will be solved. The obvious flaw in the theory of the

pro-moderation people is the frequent reference to the word moderate. No person becomes an alcoholic overnight. Every alcoholic was once a moderate drinker. After a person becomes an alcoholic he cannot rehabilitate himself by becoming a moderate drinker. The alcoholic must quit completely, for he cannot stay within a quota of two or three drinks a day.

In view of the facts, it is reasonable to assume that since every alcoholic was once a moderate drinker and every ex-alcoholic is an abstainer, the best way to avoid alcoholism is through abstinence. It is an indisputable fact that even very small amounts of alcohol depress all intellectual functions. One drink of 100-proof whisky can slow a person's reaction time by as much as two-fifths of a second. Even a very moderate amount of alcohol can turn a normally safe driver into a potential murderer.

As I have stated before, there are scientific data to support both moderation and abstinence. However, I think that a person can still reach an intelligent decision even if he disregards all scientific evidence. I believe that the best decision concerning alcohol is a personal opinion based on observation. To the average person, the scientific information concerning the physiological and psychological effects of alcohol means little. However, I think that everyone can understand, through observation, the social destruction of alcohol. I do not think the observer will find a home grown stronger or a person grown wiser or happier through the use of alcohol. We have all seen homes, minds, and spirits broken through the use of alcohol.

The evils of over-indulgence may be avoided by moderation, but as long as a person drinks at all, there is a chance that he may drink to excess. There are no permanent benefits to be obtained by drinking alcoholic beverages.

If a person does not benefit society or himself by indulging in alcohol, on what intellectual, moral, or spiritual grounds may he justify his indulgence?

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1956

STUDENT

- And Digest of Alcohol Studies

In This Number

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Intercollegiate School, a "Dynamic Project"

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Signs of Alcoholic Saturation

University of Istanbul, Turkey
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Democracy
is something
deeper than
liberty; it is
responsibility"

THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

November, 1956

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The Intercollegiate Association today represents one of the few completely free fields of joint inquiry into the Alcohol Problem. The approach of the organization will continue to be new for years to come.—DONALD KUHN, Washington, D. C., after participating as a leader in three International Intercollegiate Schools of Alcohol Studies.

Canadians who have participated in the Intercollegiate Movement in recent years are keen in their admiration of the approach, the study programs, and the literature of the movement. The Intercollegiate Association stands for an intelligent, realistic and vital approach to Alcohol problems.”—WM. POTOROKA, Winnipeg, Manitoba.

We now count it a high honor and privilege to continue a program of education regarding the alcohol problem, to the end that we may help bring about not only a sane but a sober society in which to live. —J. ROBERT REGAN, JR., Duke University, Durham, N. C., Chairman, Intercollegiate School Committee of 1957.

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Social Drinking: "Chain Reaction"

Earl F. Zeigler, A Condensation

DRINKING IS DRINKING, whether done in small or large amounts. Even very small amounts of alcohol in the blood stream affect the physical and mental reactions of human beings.

Since we live in a society that condones, encourages and promotes social drinking, what can be done that is both constructive and legitimate toward handling a problem that vexes but cannot be solved completely?

Understand Social Drinking

To understand the social drinker and his social customs it is necessary to get inside his mental processes. The reasons usually given make sense to those who follow the practice. They have accepted it and have no intention of stopping. They say:

"I drink because it makes me feel good."

"Wife and I drink because our friends do."

"A cocktail or two before dinner whets my appetite and puts me in just the right mood to enjoy my meal and fellowship of my friends."

Dr. Abraham Meyerson, Harvard Psychologist and public health expert states it this way:

"Men drink in celebration as well as for relief. They drink to lend ceremony, color, and fellowship to life, just as surely as to banish anxiety, dread and frustration. They drink out of recklessness and abandon which is not at all necessarily a compensation for an inherent caution and fatigue of spirit. They drink, too, for the inhibitions of life seem at times ridiculous and often alcohol represents not an escape but a revolt against the

Dr. Earl F. Zeigler, Philadelphia, Penna., is an Editor of the Board of Christian Education, Presbyterian Church, U. S. A. Author of numerous books and articles, and a member of the Yale School of Alcohol Studies in 1945. This article is a condensation and readaptation of a lecture delivered at Louisville, Kentucky on June 26, 1956.

overstresses, perhaps necessary caution, decorum and orderliness of existance."¹

An honest, unprejudiced effort to understand the social drinker should be made. Others may be in the position to see more clearly than he does what his conduct leads to. There may be ten reasons for not drinking to one for drinking. But that gets nowhere until we put ourselves vicariously in his place and try to understand.

Efforts to understand may lead to the following:

1. Appreciation of the fact that the social drinker is a fellow citizen, sometimes a fellow church member and always a brother who contains the image of God in his being.

2. By an effort, we shall try to see the thing called life through his eyes. In his best moments, any drinker is seeking happiness, security, freedom from want and fear. However, he is not convinced by the arguments for abstinence from alcoholic beverages. It will take **something more to convince him** than to disagree with him.

3. A desire to understand the religious thinking of social drinkers. Many religious people take the position that drinking ought to be condemned as a sin. The majority, however, of church denominations do not define social drinking as sin **per se**. They condemn drunkenness, but allow freedom of conscience to the social drinker.

4. Retention of the right to investigate and to evaluate the effects of the practice of the social drinker upon himself.

Enlarge Education: To Include Social Sources

Social drinking in recent years has become an increasing part of social life.

The habit once begun, sets up a chain reaction. Many people, church members included, who never serve liquor in their homes, are guests in homes where the cocktail customs prevail. They begin drinking to conform to the climate of the social occasion. When their turn comes

1. "Alcohol: A Study of Social Ambivalence"; *Quart Journ. of Studies on Alcohol*, June 1940.

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"Creating a Dynamic Project"

For Today and the Future

The Intercollegiate
School of 1956

THE WHOLE PROGRAM reflected an atmosphere of intellect which I had supposed impossible in approaching such a subject as the Alcohol Problem."

That is what a college senior wrote after attending the Intercollegiate School of Alcohol studies in August at the University of Chicago. "It was a refreshing time of real study and thinking to me."

A graduate of a Canadian college who attended two summer sessions, one at the University of Western Canada, and again this year in Chicago, wrote:

"We have been creating together a dynamic project of service for the future."

Other unsolicited comments from students who spent the week at Chicago in August, include the following:

"To be given the opportunity to have the truth set before us and to be free to decide our position in the many problems of Alcohol, we students are most grateful." — DAVID FREEMAN, Morris-Harvey College, Charleston, West Va.

"I could never express in a few words my sincere appreciation of the Intercollegiate Movement. The knowledge that I gained at the 1956 Intercollegiate School will remain with me as long as I live. The opportunity to pass on the material and knowledge that I gained at Chicago has confronted me twice to this date and I trust many such opportunities will come in the future."—J. WILLIAM SHINER, Va. Polytechnic Institute, Blacksburg.

"This past summer I spent five never to be forgotten days at the 1956 Intercollegiate School of Alcohol Studies." — MIRIAM BOVEN, Calvin College, Grand Rapids, Mich.

"The week I spent at the conference was one of the most worthwhile weeks I have ever had." — VINCENT FRICKE, Wartburg College, Iowa.

"I have benefited greatly from the Intercollegiate School at Chicago this year. I now know a great deal more about the problem and am more aware of how little I know as far as being able to solve the problem." — KENNETH A. BURNETTE, University of Richmond, Va.

"The greatest experience of my life have been with the Intercollegiate Association in the short time I spent with them last summer at Chicago." — JOHN OHMS, Miami University, Oxford, Ohio.

"It has been one of the most memorable experiences of my life. I learned not only theory but also practical ways of applying the knowledge in school, in my community work and in my future social work. I hope you will continue the same kind of program to entirely different groups of students every year, and in different parts of the country. Thus representatives from many campuses will realize what can be done at their own schools." — JUDITH STATTMILLER, College of St. Mary of the Springs, Columbus, Ohio.

"I have benefited greatly from the conference and I hope I will be able to help others as a result of that conference." — J. CONRAD GLASS, Jr. Duke Divinity, Durham, N.C.

"As a student at the School in Chicago, this past August, I gained information which will greatly help me in meeting this problem throughout my life." — CHARLES RICHARDSON, Washington & Lee University, Va.

Such are the spirit and purpose generated in these new annual INTERCOLLEGIATE SCHOOLS for college students and their leaders.

And this is the basic purpose of all the activities of the Intercollegiate Association—of its objective, educational publications; the Roberts' Editorial Awards for college student writing on the problem; the **International Student**, our "modern approach" magazine, and our high-quality speakers and discussion leaders.

The Association seeks to **initiate** and to advance by objective—yet realistic—study the serious realities of alcohol today, and to reduce the pressure of the drink custom in American culture.

Surely, this is a step that responsible citizens—especially college people, young adults and alumni, may take toward **effective** solution.

The members of the 1956 Intercollegiate School came from 21 states and provinces and 34 colleges and universities. All but four were students, five of graduate rank. They came from as far distant as Whittier College in California, Acadia in Wolfville, Nova Scotia. Winnipeg, Manitoba, and Texas. Virginia, Ohio and North Carolina, in this order, furnished the largest quotas.

The purposes of the School, (1) to enable students to

gain a scientific and realistic understanding of alcohol in modern living; (2) encourage an objective yet positive approach; (3) make intelligent personal and social decisions; and (4) start serious thinking toward constructive action and life-service were effected in various ways: daily lectures by high standing experts, small seminar discussion groups, daily use of recent scientific and educational films, the personal stories of alcoholics, a tour of the city to see the operation of rehabilitation centers and the street and "skid-row" outcroppings of the drink custom.

At the first session a very recent question-raising moving picture—one that offered no answer—"What About Drinking?" presented by Donald Kuhn of Washington, D. C., brought a challenge to all attending to seek the truth whatever the truth may be.

At this opening session, Dr. Harry S. Warner, General Secretary, in an orientation lecture, "The Intercollegiate Schools: Background, Objectives and Future Functions," traced the history and philosophy of the

Burton-Judson Court Hall, University of Chicago



Association itself from its inception in 1900. He said that it was founded as a student movement, by D. Leigh Colvin, now Dr. Colvin, then a student at Ohio Wesleyan University, who had already begun his presidency of twenty years. Mr. Warner gave reasons for believing that the Association **now faces its best opportunity** for leadership in its fifty-six years of service. Among these were: that the total problem is now better understood, its complications with other problems are recognized, its sources known, its tap-root in social tradition acknowledged, its influence in the folkways and customs of a major part—but decidedly not all—of the social culture of today understood. Also that all of these sources and penetrations into other problems must be taken into account in seeking prevention and lasting advance toward solution. And he stated that already new leadership toward “changing the social order” and inspiration for service has been coming out of the Inter-collegiate Schools for college students since the first one held at Otterbein College in 1950.

The series of lectures that brought out the “Basic Information” of the problem, “The Scientific Facts,” “Why People Drink?”, and “Cultural and Social Factors in Drinking”, given daily by Wayne W. Womer, lecturer and national leader, Richmond, Va., was fundamental to the whole program of the week.

Two highly scientific lectures by Dr. R. Gordon Bell of the Bell Clinic, Willowdale, Ontario, and lecturer at the University of Toronto, gave to the School the up-to-date health aspects of the currently popular questions, “Is Alcoholism a Disease?” and “Types of Alcoholics.”

The program of one day brought the problem directly to college life by the lecture, “Drinking in College,” by Dr. Robert Straus, coauthor of the book and survey with the same title, and his second address, “Solution of the Problem as Seen from the Viewpoint of Sociology.” These lectures were followed by the field tour through Chicago, a vast sociological laboratory.

An intriguing feature of the week was the anonymous

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Istanbul Conference Recognizes Alcohol As World Problem

University of Istanbul,
August 1956

OUT OF THE WELTER of international conflicts, war threats and tragedies that come to us every day from the Near East, it is encouraging to know that constructive service, at the highest educational level, is actually going on in the world struggle against alcoholism and the disorders of alcohol. This view is indicated by the success of the 25th International Congress Against Alcoholism at Istanbul, Turkey, in August.

News of this creative event did not get into the press or radio reports of the month. Yet it dealt with and recognized one of the major and most persistent problems of all people, and one that, in the long run of years, equals in illness and casualties to human life even those of war itself.

At Istanbul the problems of alcohol were faced objectively, scientifically and educationally. Meeting for a week at the University of Istanbul, 200 delegates, high health experts, scientists, educators, and welfare workers from forty-five countries, brought to the conference and to world attention the results of recent research in many countries, and discussed these findings and the accumulated knowledge of years in light of the present world situation. It recognized alcohol and its related complications as a basic social problem that calls for the fellow-service and cooperation of all nations.

It was a "top-level" conference that reflected the leadership now being given in university and scientific fields to the alcohol problem in the countries represented at the "Congress": Canada, Great Britain, the United States, Sweden, Switzerland, Egypt, Iran, Iraq, France,

Jugoslavia, Germany, Poland, Australia, South America, Czechoslovakia, Hungary, India and Finland. It was given the patronage of the President of the Turkish Republic; the prime minister of Turkey served as honorary president and the mayor of Istanbul, together with Professor J. F. K. Gokay, as the active presidents. Mr. Archer Tongue, Lausanne, Switzerland, is General Secretary in charge of the Congress.

The Intercollegiate Association was represented at the conference by our Vice President, Rev. John A. Linton, of Toronto, the delegate of the Canadian Temperance Federation and Executive Secretary for all Canada.



John A. Linton

WHAT DOES THIS MEAN?

In 1952, Dr. E. M. Jellinek, former director of the Yale School of Alcohol Studies, now with the World Health Organization of the United Nations, estimated that at that date there were in the United States, 3,800,000 chronic alcoholics with complications and that there could easily be 7,000,000 more heavy problem drinkers.

In April 1956, Quentin Reynolds, writing in the *Readers Digest* on "The Uphill Fight Against Alcoholism", said, "On the basis of available statistics, the United States appears to be the alcohol capital of the world—although pressed closely by France and Sweden."

In January 1956, the Yale Center of Alcohol Studies reported that there are now 4,589,000 alcoholics in this country.

A "Cup of Fury" In American Culture

A Review

By Harry S. Warner

A REALISTIC ILLUSTRATION of how one main source of alcoholic culture continues to supply, from the top down, a continuous stream of heavy drinkers, and the resulting loss to men of creative ability and to the nation in the last half-century, is the brilliantly-written 1956 book, **The Cup of Fury** by Upton Sinclair.

This book without doubt is the most vivid and intimate picture of how the social custom of "drink" actually works to yield depleted personality in much of our culture today—and especially among men and women who have unusual degrees of native ability—since the publication of Jack London's **John Barleycorn**, to which it is a forty-year-after parallel—But it is a parallel with one great difference: That London was writing from a fury of inner emotions and social conflicts that grew out of his drinking, while Sinclair writes out of his fifty years of objective, yet very understanding observation and with a mass of personal and historical evidence.

Jack and Upton were young writers together, forty years ago. Both climbed by sheer ability to the top in American literature. Both experienced in unlimited degree the suggestions, social approvals, drinking customs, morals and folk-ways of the early 1900's. They were well acquainted; they were friends and critics of each other and of their fellow writers, poets, and dramatic producers. Both were writers far beyond the average, and both came from heavy social drinking backgrounds. Yet Sinclair went on producing books for forty years after London ended his literary career in alcoholic suicide at the age of forty.

The book tells the intimate life-stories of seventy-five writers, dramatists, and poets with whom Sinclair was

associated for years and who had hurt themselves and society by their super-saturated social drinking habits. Thus, **The Cup of Fury** is a book of supreme realism at a particular level of life, a source book for study of the cult of alcohol in the life of today.

And this is true mainly, as Sinclair says, "because it is a frightful thing that so much of the talent and genius of America should have been distorted by alcoholic poisoning. These are indeed men and women who, to a great extent, have set the intellectual and moral tone of our time. They are among the few who have achieved fame and fortune . . . They have helped bring about an America in which people feel they 'must' drink."

The main purpose of putting before the public "this tragic record of a half-century of genius twisted and tortured by drink", says the author, is made clear by his request that "it be read with one fact always in the reader's mind: three out of four of today's college students are drinkers", our soon-to-be leaders of culture and public opinion.

But he makes it clear, also, that however strong social suggestion, even pressure may be, the younger generation of today "know that more than half of the country admires the man and the woman" who do not drink or fall for deceptive advertising.

"The Cup of Fury" is published by Channel Press, Inc., Great Neck, N. Y. Price \$3.00. It is for sale by the Intercollegiate Association, 12 N. 3rd Street, Columbus 10, Ohio.

TO CONTROL ALCOHOL: What?

SOCIAL CONTROL of problems centered around alcohol involves more than alcohol. It touches the whole field of moral and ethical values in contemporary life. Parent-child relationships, social pressures, and prestige factors, health, education in schools, alcohol legislation, law enforcement, rehabilitation of alcoholics and the dissemination of objective information to the public in such a manner that will generate recognition and acceptance of our social responsibilities within the community in which we live.—Charles M. Neaves, Director of Alcohol Education, St. John's, Newfoundland.

*A Review of "The Cup
of Fury," Upton Sinclair*

Cult of Drink "At The Top"

By D. J. Wilson, Ph. D.,
Feature Editor of
The Montreal Star

FROM HIS tradition of gracious living and social drinking, and his southern background, Upton Sinclair was reared in an atmosphere where alcohol was part and parcel of the way of life.

Yet his father died a dipsomaniac and several others of his relatives committed suicide as a result of alcoholism.

This book is really a case history of men and women in the literary world who began with social drinking, or the need for some extra "zip" to their inspiration, and ended prematurely as alcoholics.

The story of Sinclair's intimate dealings with these people is, in itself, a contribution to literary Americana.

From Intimate Observation

Nearly fourscore writers, poets, actors and playwrights, all intimately known to the author of the book, have ended their lives through alcoholism.

These were all "men of distinction" who, through a developing habit, became men of extinction.

In the course of his life, Sinclair says that he tasted alcoholic beverages about three or four times, including sacramental wine in his Episcopal Church. In the latter case, however, he reports that his accompanying ideas were religious and not about the quality of the sip, the lift of drink nor endless conversation about name, vintage, age or flavor.

"How" at a Drinking Party

His abstemiousness has never been an embarrassment to him. Since he has never been a fanatical reformist concerning the matter of drinking (though in other lines

Condensed from *The Advocate*, Toronto, Ontario, Sept. 1956.

of reform he has often invited reactionary criticism), he realizes that in a culture like ours he must live with people who think otherwise to him.

He nurses a drink of gingerale at a party lest an absence of a glass should appear as a rebuke to his friends. His formula at a dinner party is as follows:

"At a dinner party, when I see a glass at my plate, I wait until people are talking and paying no special attention - then I quietly turn my glass upside down. If questioned by a servant, I merely say 'No, thank you.' If questioned by the hostess I reply that 'it doesn't agree with me.' If urged, I add that 'I don't care for the taste.' If mercilessly prodded and badgered and my patience gives out, I quietly remark, 'you see, my father died of alcoholism.' "

Vivid Reporting

The absence of an emotional, reforming zeal is evident in the manner in which Sinclair merely reports his experiences and memories.

He devotes a chapter to the foundation and operation of Alcoholics Anonymous and quite obviously realizes that alcoholism is a disease for many; the victims must be regarded in that light. But, he remarks, it is the only case of a potential disease that is made numerically more serious each year by a multi-million dollar public relations effort.

He records a few cases of problem drinkers who have recovered some of their literary genius by becoming abstainers before the AA movement began. Eugene O'Neill, who almost singlehandedly changed the course of the American theatre, is one of these.

Students and Young Adults

One chapter is given to the analysis of college statistics as revealed by the Yale University Centre of Alcoholic Studies. Alcoholics increased from 1940 to 1952 by 45 per cent among males and 52 per cent among females. It is the fourth largest public health problem.

Most of the college students who do drink, and this is reported as 75 per cent, learned to drink, socially, in their homes. "The figure of concern to me" Sinclair writes, "is how many of these adults who are 'social

drinkers' and 'moderate' drinkers become alcoholics; because that's the way my father and his brother began, and that's what Jack London and George Sterling thought they were and what Hart Crane and Dylan Thomas hoped to be: 'social drinkers.'"

Trends in Social Drinking

He quotes the answer of Dr. Andrew Ivy, Professor of Physiology, University of Illinois, that "one out of every 16 casual, moderate, social drinkers becomes an alcoholic; one out of nine becomes a 'problem drinker' and that with the present statistical trend the ratio will become one out of five in 15 years.

With an impressive range of experience that includes many of the household names in the literary and Hollywood world, Sinclair finally states his own personal position.

"I cast my vote against social drinking. I will not keep a dog in my house that bites one of every five or nine people who stoop to pet it. Nor will I sanction alcohol because it dooms or harms 'just' one of every five, nine or 16 who drink it."

Communism and Alcohol

One interesting item in this book is the use that spies and fellow travellers make of alcoholic beverages to seek their ends.

The importance of such drinking in the infamous career of Donald MacLean is cited. This former official in the British Foreign Service took drink as one way out of his frustrations. It was while he was on an enforced leave, through a drunken binge in Egypt, that he suggested the name of Dr. Bruno Pontecorvo to Soviet agents. Three years ago this scientist exploded a thermonuclear bomb in Sinkiang; this was taken as a feat that gave Russia, at least in principle, equality in the atomic arms race.

It seems to me, a teetotaller, that there is not much of a problem for the abstainer.

Problems of restoration are solved by the 75 per cent success of the AA in the case of those who have suffered incredibly from alcoholic drinking. Those are terminal points in the preventive and curative process.

The Real Issue

The real issue is with the people in between. The question is a complicated one and needs cool consideration rather than blatant denunciation or defence.

Each person, especially parents, should at least know the risks in a social custom whose sequel is a matter of actuarial computation.

Creating a Dynamic Project

(Continued from page 40)

lectures "The Values of Social Drinking," and "The Values of Abstinence", both by the same speaker who did a good job of objective teaching. A night session by speakers from a Chicago A.A. group was deeply effective.

The legal situation regarding liquor in the United States was brought out by Roger Burgess, Washington, under the theme, "Legislative Trends," and that of Canada by William Potoroka of Winnipeg, in his report on "The Bracken (Manitoba) Survey: Its Significance in Education and Legislation." This survey has become one of outstanding worth for study of the facts of liquor in civic life today.

At the closing session certificates of attendance were awarded to each student and the Editorial Writing Awards of the Roberts' series of 1956 were announced by Edwin H. Maynard, Secretary of Awards. The School closed with a drama and "party with a punch," following a serious summary of the meaning of "the week."

BEQUEST FORM

I give and bequeath to the Intercollegiate Association for Study of the Alcohol Problem, a corporation of the District of Columbia, Washington, D. C., the sum of dollars, to be used in the work of the Association.

Headquarters, 12 N. Third St., Columbus 15, Ohio.

*Can this Danger
be Reduced*

The Drinking Driver On The Highway

By William N. Plymat
Insurance Expert

THERE IS A DILEMMA in the drink-drive problem in America. We can convict the driver who is the lesser menace but not the driver who is the worst.

There is a 25% impairment in driving ability after two drinks of liquor for an average person. As drivers they tend to speed, they have high accident rates and extremely high fatality rates. They can not be convicted because they have only one-third as much alcohol in the blood as is normally required to convict for the offense of drunken driving. The driver who has enough alcohol to be convicted is usually so impaired in driving ability that he travels more slowly; although his accident rate is high, his accidents are frequently not as severe.

Blood tests taken by coroners on drivers killed in traffic accidents, accident studies, and the experience of the Preferred Risk Mutual Insurance Company of Des Moines in insuring exclusively 160,000 non-drinkers all indicate that about 25% of all fatal traffic accidents involve drinking.

Coroners studies have shown that the percentage of fatal traffic accident drivers that have alcohol is high, frequently running as much as 50% of the cases tested. In a sizable number of cases the amount of alcohol is relatively small but its presence indicates that small amounts of alcohol impair driving ability in a deadly way.

From an address by William N. Plymat, Treasurer of the Preferred Risk Mutual Insurance Company, Des Moines, Ia., at the Institute of Scientific Studies for the Prevention of Alcoholism, Loma Linda, Calif., July 1955.

Accident statistics fall short of telling the whole story due to failure to develop the facts in all cases. The Preferred Risk Mutual Insurance Company of Des Moines has been insuring non-drinkers only for over eight years. It now insures over 160,000 drivers and will receive over \$7,000,000 in premiums in 1956. It has operated at lower than average premium rates yet earning a profit on operations. It operates with rates 25% lower than those charged by the major stock insurance companies which belong to a nation-wide rating bureau that sets rates for such companies. In addition it has a merit rating discount on liability and collision insurance charges for safe driving records. Its assets have grown from an initial \$30,000 in 1947 to over \$5,500,000 in 1956 and its generally profitable operations confirm the studies of coroners and accident statistics in indicating that approximately 25% of the auto accident losses may be charged to drinking.

The period from six o'clock Friday to four a.m. on Saturday and from 6 p.m. Saturday to 4 a.m. Sunday are the deadliest hours for drinking driving accidents. Motorists would wisely reduce to the maximum extent possible driving late on Friday and Saturday nights and early on Sunday morning.

If drinking driving accidents could be eliminated over 9,000 lives could be saved each year and over 200,000 injury accidents would be avoided.

Studies of accident prone drivers have shown an unusual common denominator in personality characteristics and attitudes. As a class they like to gamble, visit expensive night clubs, are relatively high in alcohol use and in a belief they can drink substantial amounts of alcohol and drive successfully. They believe that success in life is due more to luck than hard work, and accidents they have are due more to chance than human responsibility. They have a pattern of defiance of authority and frequently have hostile attitudes toward other drivers especially drivers of trucks. In contrast the safe driver is usually more religious in attitude, more interested in lectures on serious subjects, tolerant in at-

titude toward other drivers and has a greater emotional control of himself, and is less prone to violent actions in word and deed.

As aids in meeting the problem I suggest:

1. A nation-wide educational program to teach motorists that two drinks impair substantially driving ability, and that the safest course is to be an abstainer. At a minimum, motorists should avoid all driving after any drinking. The difficulty there is that two drinks may cause a motorist to carelessly decide to drive anyway in spite of a previous decision when sober to avoid such driving. It is for that reason that total abstinence is the safest rule.

2. The standard chemical test laws of 22 states should be adopted in other states to make easier convictions of drinking drivers. The New York law requiring a chemical test of a suspect on pain of losing driver licenses should be adopted in other states.

3. An intermediate offense of "driving after drinking" would go a long way to discourage the very hazardous two-drink driving. Our restaurant health laws require such sanitation as protects all customers not just the majority. We need laws to protect drivers on the highway from all drinking drivers. A lesser offense would help since it is almost impossible to convict the most serious drinking driver—those who have consumed only a few drinks—because of juries' unwillingness to convict such drivers due to severe penalties and a lack of realization of the seriousness of such conduct. An offense such as "driving after drinking" would require only proof that the driver had consumed some alcohol. The lower penalty of such an offense would make it easier to convict. And those who think they can drive safely with two or three drinks would be discouraged from trying because the lower fine would be more certain. In that way all drivers on the highway would be more surely protected as we protect all customers in restaurants under sanitation laws.

Such an attack would be similar to that directed against "joy riding" by young drivers who "borrow"

cars for the night. Such drivers could not easily be convicted of car theft because it was necessary for the State to prove "criminal intent to deprive the owner of his property." A lesser offense has been adopted in many states which made it illegal to "operate a car without the owners consent." This lesser offense is easier to prove and the increased certainty of conviction has not only helped discourage "joy riding" but also other car theft.

Ten Danger Signals

Signs of Alcoholic Saturation

IN AMERICAN CULTURE

By Martin Hayes Bickham, Ph.D., Condensed

WHEN USING THE TERM, "Saturation Point," as related to the variety and amount of alcohol products now being produced and consumed in America, I mean to suggest that a process of saturation is now under way in our culture.

This alcohol crisis has depth and intensity. It is going forward by degrees, and its influence, attached in cancer-like activities, is pushing the moral and spiritual phases of our culture toward disintegration. I see evidences of such a degree of saturation as to make it a threat to America culture.

My use of this descriptive term of "alcohol saturation" has arisen from first hand investigations at the grass roots in communities from coast to coast, during the ten years since the close of World War II. I cite these evidences somewhat in the order in which they have come to attention, in the course of my sociological investigations of these American communities from coast to coast.

Sign No. 1 The personal and social deteriorations resulting from alcohol indulgence.

Dr. Martin H. Bickham, Wilmette, Ill. Sociologist, is a lecturer and consultant in Race Relation and President of Temperance Education, Inc. Chicago. This article is condensed from *Temperance Education News*, May, 1956.

(a) The number of the victims of alcohol indulgence now appearing in many communities across our continent, numbering probably close to 5,000,000, depending upon definitions applied.

(b) The steady and increasing concentration of these victims of alcohol indulgence in certain areas of our larger cities. "Skid Rows," such as "the Bowery" in New York City, "Madison Street" in Chicago, and "Main Street" in Los Angeles, show clearly this aspect of alcohol saturation in our American culture. They constitute advanced centers of cultural disintegration.

Sign No. 2 The spread of alcohol consumption to all sections of our land. The invasive and aggressive agents of the alcohol industry are using new techniques whereby they are now distributing alcohol products throughout many areas that have voted "dry" so that all sections are being opened up to alcohol invasion.

Sign No. 3 The extent to which beverage alcohol has become available to the youth in our military establishments. With millions of 18 to 20 year old youth going into such military establishments, this has become a serious threat to America's future.

Sign No. 4 The increasing number of injuries and deaths, now resulting in all sections of our land, from drinking while driving.

Sign No. 5 The clever and seductive ways in which the beverage alcohol is commended and advanced through the use of mass communication mediums.

Sign No. 6 The degree to which the moral judgments concerning beverage alcohol, slowly achieved by mankind, are being ignored and evaded. When these moral judgments concerning the destructive characteristics of alcohol are evaded or ignored, we are setting in motion disintegrating processes in our culture.

Sign No. 7 The recent emergence and emphasis upon a "cult of moderation" in the use of beverage alcohol. This "moderation cult" is a clear sign that alcohol has become America's "Sacred Cow."

Sign No. 8 The manner in which many educators and officials, responsible under moral sanctions and legal

statutes for teaching the effects of alcohol on the human body, personality, and society, are finding ways to avoid their duty.

Sign No. 9 Slowly, as evidence accumulated, it became clear that America's social conscience concerning alcohol is being submerged under the flood of beverage alcohol that is being foisted upon the people of Canada and the United States.

More than any other material element in our America culture, alcohol undermines and devitalizes the capacity for self-control. The power of self-control deeply rooted in the teaching of Jesus, that guides toward the strengthening of the personality, is weakened by the appetite for beverage alcohol. In subtle and destructive ways alcohol challenges the Christian conscience as to personal development. Thus a material element of our culture has become an invasive and destructive enemy of personality and a disintegrating factor in America culture.

Sign No. 10 The manner and degree to which the use of beverage alcohol has invaded the circles and constituencies of many of our Christian churches.



In a recent address at a meeting of the Department of Pastoral Services, National Council of Churches, in New York, Dr. Karl A. Menninger, noted psychiatrist, announced that the five million alcoholics in the U. S., constitute the nation's largest single health problem. He said: "Nothing looms as large on the horizon. Every day we see horrifying examples of men and women who drink up every penny they own and make serious critical errors in judgment that affect you and me. It is a problem which is taking a tremendous mental, social and physical toll."

Alcoholism is increasing among American women at a more rapid rate than among men, according to a statement made to the United Nations Health Organization in Geneva Switzerland, recently by Dr. E. M. Jellinek, director of health service.

Proposing a Coordination of Ideas

To Deal With The Alcohol Problem

by Ivan Brychta

WRITING ON the organized efforts that groups and institutions are now making to deal with the problems of alcoholism in American society, two Yale researchers, Drs. Robert Straus and Seldon D. Bacon, said in their book "Drinking in College:

Present Day Confusion

"... certain of the groups trying to do something about alcohol oppose each other or consider each other's interests or actions irrelevant. Members of Alcoholics Anonymous—(a temperance organization), police departments, psychiatrists, traffic court, judges, college authorities, alcoholic beverage control boards and the leaders of a 'Moderation' Protestant denomination may all wish 'to do something' and may even be doing it. Yet they may fail to see anything of value in each other's programs, may actively oppose them, or merely disapprove what detracts from support which might have come to them. Sometimes they disagree with one another's definition of the problem, sometimes with the particular aspects selected for attack, sometimes only with the tactics. To the public this confusion and conflict between the interested parties makes an already murky picture ever more blurred and disconcerting."

Cooperation Desired

That such a lack of any kind of intelligent coordination between the groups concerned with the problems of alcoholism exists at the present time, is entirely obvious. It is also quite clear that with so much difference

With a degree in law, J. U. D. R., from Masaryk University, Prague, Czechoslovakia, Ivan Brychta escaped to this country at the time of World War II. He has a M.A. degree from Oberlin College, '51, has been a Staff Member of the Ohio Legislative Service Commission. He attended the Intercollegiate School of Alcohol Studies at the University of Toronto, in 1952.

in purpose and method, many who would like to contribute to a mitigation of the alcoholic problem can materialize their intentions but imperfectly. Viewed in its totality, the problem of alcoholism, like that of any other major sickness or vice, represents a national phenomenon and calls for concentrated, continuous, intelligent and circumspect methods of approach, carried on by a **coherent and articulate organization.**

Before examining into the merits of the numerous views and beliefs which motivate the respective elements now active in the field of alcohol problems, one may venture to say that the achievement of a complete coordination of the factions into one homogeneous body, professing one undivided credo in method and purpose, is as undesirable as it is profitless.

Coordination, Not Amalgamation

Yet it is taking a rather unimaginative position to say that because the various groups cannot integrate into one, they must continue each on its own without so much as taking cognizance of the existence of the other groups and without taking advantage of whatever parallelism there may be in their respective courses of action. It is obvious enough that also in this field, as in every other field of democratic discussion, some kind of a quasi-federative pluralism will enable each particular group both to sustain its identity and to join forces for mutual benefit in moving ahead toward accomplishments acceptable to all.

Knowledge of Facts Alone Not Enough

A more adequate knowledge of facts about alcohol is certainly an important factor toward removing a number of mutual misunderstandings among the various groups. But even if such knowledge were already perfect, there still would remain sharp differences in evaluation of these facts and in the rationale underlying such evaluation.

Some workers in the field are concerned with alcoholic drink only to the extent that **major disturbances** in social and individual life arise from it: automobile accidents, mutilation of human life, deterioration of preci-

sion and efficiency in work, weakening of self-reliance, insanity. Others condemn any and every use of alcohol as a beverage and for different reasons. Some point out that alcohol is a **malum per se**, according to certain religious principles. Others find casual connecting lines between the first drop consumed and such obvious disasters as compulsive alcoholism. To any observer who is at all acquainted with the nature of philosophical and scientific methods, it is obvious at first sight that the various causatives connecting this and that event in human life are, and forever will remain to a large degree, a matter of **hypothesis**. Causality is not a fact of the same order as the facts between which it supposedly "obtains". Every physician knows how precarious a task it is to assert or deny the causality of a given pathology.

Different Approaches Necessary

Thus there is plenty of room for honest and intelligent disagreement right in the descriptive part of the problem matter, and there is even more of it in the "evaluative" aspect. For that reason, increased knowledge of "facts" cannot be expected ever to result in a solidly unified system of purposes and means in dealing with the phenomenon of alcoholism. For the same reason, also, the continued existence of a number of groups formed around the various interpretations of the "facts", is inevitable and desirable.

All Are Parts Of A Whole

But such differences should be accommodated within, rather than without, an operating framework of mutual recognition on the part of all the interested groups. This is what we mean when suggesting the idea of a federative or quasi-federative coexistence.

At any rate, a logical clarification will organize the field of ideas and prepare the possibilities of an administrative organization to coordinate the varied elements. Thus the present jungle in which each group roams without regard to the other will become a more nearly civilized and predictable field of service with more hope of success for everybody and without loss of identity to any one of them.

Many issues among them, it will be found, are incapable of being argued out to a final solution, but it will be possible to identify areas where disagreement exists and to disclose the reasons why it exists.

o

SOCIAL DRINKING "Chain Reaction"

(Continued from page 36)

to entertain, they have to decide whether to give their guests what is expected or run the risk of having a "dull" party.

This drinking practice, however, does not have to be taken on the chin, by those who disapprove. They did not draw up the social codes that include the cocktail party. They surely have a right to their attitude of disapproval. If they do not, they are remiss in their principles.

Education on the alcohol problem needs to be enlarged to include the way of life that does not need liquor to insure satisfying, happy and abundant living.

Create A Sense of Responsibility

Can we not also do something to develop a social conscience which will make those who drink face up to their responsibility for the results of the use of alcohol? Conscience enable men to distinguish between right and wrong, but conscience needs to be educated. Years ago, a sincere conscience favoring the right to buy and sell human beings as slaves was held by millions, including millions of Christians. That kind of conscience is no longer possible, it is ethically impossible. But at present, we are still in the "dark age" of a social conscience on the use of alcohol. In time a new social conscience we hope, will be developed. Yet we cannot take issue with the thesis of the sociologist who is correct in concluding that alcohol is being used rightly or wrongly, because it attests human need. Whether we agree with him or not we cannot step with his conclusions. Men and women are responsible toward one another. "We are our brother's keeper and helper."

Withdrawal of Social Approval

Because alcohol is what it is, because men use it as they do, because it produces the kind of behavior it does,

alcohol is a concern of the social conscience. But before we can develop a social conscience regarding the use of alcohol, we must inquire what makes alcohol so desirable to so many people.

The use of alcohol has become desirable to so many people, first of all because from childhood, it has social approval, because it comes to them with social approval. It is part of the cultural pattern of a large and influential part of our cultural living. **Its use has been acquired as learned behavior.** Its use would be much less if approval would be withdrawn. It has entrenched itself culturally, we must find ways of changing the cultural patterns before social disapproval can occur.

One Student Believes—

Abstinence and Moderation

Steps Toward Solution

By Gilbert D. Engle, '56

Louisiana Polytechnic Institute

THE TITLE of this paper indicates abstinence and moderation as separate steps leading to a common end, the solution of the problems of alcohol. While the two are separate steps, they are not incompatible, ranged against each other and vying for support as the solution. They are not parallel means, but rather are parts of the same line. Moderation is a step toward abstinence. Abstinence is the final step in the solution.

There is only one problem which is directly attributable to alcohol. That is alcoholism. In other problems such as broken homes, lost man-hours, traffic accidents, alcohol may be a factor but is not the sole cause. They would occur if alcohol were non-existent. However, without alcohol, there could be no alcoholism. For a person in this condition, there is a single answer, abstinence. One drink will create in him an irresistible craving, which ends only when he is unconscious. The

This paper was submitted as an editorial in the Roberts Editorial Writing series of 1956 and was awarded a sixth Sixth Honors position.

complete, final solution to alcoholism and the factor of alcohol in other problems is abstinence.

How is abstinence to be achieved? Three steps are necessary. People must be educated so that they will not yield to the social compulsion to drink, and thereby can actually practice moderation. The definition of moderation must be a personal one, made by the drinker who is entirely aware of the results of drinking. In today's North American culture, this definition is impossible for most people whom it vitally concerns. These people seldom realize the choice of whether or not to drink, for the pressure of the crowd is strong.

In our present society, the basic unit is that of a person's own age group, and this is true at all ages. No longer is the family the unit, producing individuals who will of themselves choose yea or nay. One satisfies his needs of belonging and esteem in his contemporary group and, despite parental teachings, accepts the standards of the group in seeking its approval. The way to lessen the social compulsion to drink and enlarge the chance for a personal choice is through education. •

Alcohol education should not be presented as a moral issue. It should be given as information vital to the maintenance of a healthy body and a sound mind, in the same manner that physiology and psychology are taught. Young people ought to be instructed on all the aspects of alcohol before they are faced with the first drink. With this background a person can weigh and consider before deciding whether or not to drink.

To summarize, alcohol education will lessen the social pressure to drink, enabling an intelligent choice to be made. Aware of the ramifications of drinking, many who would otherwise follow the group will choose abstinence, seeing no place in their lives for the consumption of alcohol.

"I am greatly honored that my editorial was judged so highly in the contest. My monetary gain through winning second honors is but slightly comparable to my profit in obtaining a better understanding of the alcohol problem, while in attendance at this year's Intercollegiate School." — NORMAN WATT, Calvin College, Grand Rapids, Mich.

Not Doing Enough

To Meet the Dangers of Drink

By William Covert, '59

Tarkio College, Tarkio, Mo.

THE DRINKING of liquor has been part of the history of man for many ages. It started probably when some early agricultural group discovered the pleasing effect of fermented food. At any rate it has been a part of man's culture for a long time and many liquor-drinking customs and ideas have become deeply imbedded in our culture. These customs and ideas have not been changed to meet the scientific facts and conditions of modern life.

One idea that modern science has disproved is still accepted in our culture. That is the idea that drinking in moderation does no harm. Our ancestors thought that the first two drinks not only did not do harm but that they did do good. That idea is now disproved. "When the task before one requires a very high degree of attention and precision of movement the amount of alcohol in one bottle of beer or one shot of whiskey registers adverse effects," says W. C. Mac Leod in "Alcohol-Historical Aspects," in the **Encyclopedia of the Social Sciences**, vol. 1, p. 619.

Along with this decrease in the ability to judge there is an increase in the self confidence of the drinker. He not only does not realize that he is less efficient but he thinks that he is more efficient. This has led to the misconception regarding moderate drinking, and the misconception has been passed on and strengthened through culture.

"In primitive societies there are fewer factors which bring tension than in cultural society." In modern society we have many tensions which create more neurotic

This article is an excerpt from an editorial that won Third Place (one of two) in the Roberts Editorial awards of 1956.

and sensitive people than we would have without these tensions. Neurotic people are very likely to become alcoholics, once they have started drinking. Our culture should produce customs or social controls that would protect these people from alcoholism.

Another factor which is brought about by our modern industrial way of life is the increased efficiency of the methods of spreading propaganda. These efficient methods of communication could help spread new social controls and customs, but they have been put to the opposite use. You cannot turn on your radio or television, or open up your favorite newspaper or magazine, without hearing or reading of the virtues of some particular beer, wine or other alcoholic beverage.

The increased speed of our methods of transportation has caused us a great deal of trouble with regard to alcohol control. It did not matter too much when our grandparents went for a ride in their horse drawn buggy, but today in our two hundred horsepower automobiles the loss of a fraction of a second can mean the loss of a life. The driver's judgment is affected by just a small amount of alcohol.

It has been found that a concentration of .035 to .04 percent of alcohol in the blood impairs driving ability. And what is worse the driver with these decreased abilities has increased self confidence.

The fact that lack of adequate social control of the use of alcohol in our modern society is producing drastic results can easily be seen by examining statistics pertaining to the problem. In crime—of the 2,159,000 major crimes, finger printed by the F. B. I., 49.6 percent were caused by liquor. In traffic deaths records indicate that alcohol involved deaths exceed 20,000 yearly. There are one million chronic alcoholics and three million addictive drinkers in the United States today. There has been an increase in the divorce rate, part of which is attributed to alcohol.

Yet with all the damage that alcohol causes its use continues to grow in this country. . . . We are not doing enough about it.

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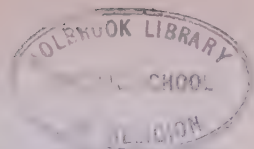
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THE
INTERNATIONAL



JANUARY

1957

STUDENT

- And Digest of Alcohol Studies

In This Number

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Taverns: A Source of Accidents

Nebraska Wesleyan University, Lincoln; see next page



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THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

January, 1957

Vol. 54, No. 3

INTERNATIONAL INTERCOLLEGIATE SCHOOL

Nebraska Wesleyan University, Lincoln

THE INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES of 1957, August 24-29, will offer a particular opportunity to colleges in the prairie states and provinces of the central west — and to Atlantic and Pacific students who like a long, late-summer drive.

The basic theme for study and discussion, "Alcoholic Drink in Life Today," will be examined **objectively and in a spirit of scientific understanding** in the lectures, free discussion, daily seminars, and specialist addresses of the week. Two features have major attention:

(1) "Alcoholism a World Problem" and "Alcohol in this Technological Age" by John A. Linton, National Executive, Toronto, Canada, who examined the problem in many European countries last summer and participated in the "World Congress on Alcoholism" at the University of Istanbul, Turkey.

(2) Study of the latest "Basic Information" regarding the problem in North America — "Motivations," "Effects Psychological and Physiological," "Alcohol and Social Problems," "College Regulations," "Where Are We Now?"

For advance information write, Intercollegiate Association, 12 N. Third St., Room 522, Columbus 15, Ohio.

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*Where Danger
Occurs*

Spots of Alcoholic Danger In Industry

Henry A. Mielacarek

—A Condensation

INDUSTRY, MORE than any other group in society, is able to uncover alcoholic cases and, through the use of trained personnel, refer the problem drinker to those who can aid him. Industry today must take responsibility for the care of alcoholic employees, since 75% of all alcoholics are in industry.

Alcohol effects the worker, the employer, and the supervisor. Here are some that we have found:

On the Worker

First, impairment of mental alertness resulting in faulty decisions. I can cite many instances. A layout man in our tank and plate shop, working with big sheets of material three and four inches thick, came to work one morning with a terrific hangover. He scrapped material that cost the company \$28,000.

Second, reduced efficiency from the physical effect of drunkenness. This is obvious in both shop and office. A man in the shop may carry a wrench all day trying to avoid the boss; he just doesn't pay attention to his job. A man in the office may carry a sheet of paper, the same sheet all day; goes to the bubbler or the wash room a dozen times a day to avoid discovery of his condition.

Third, anxiety over his own drinking may result in a mental state that interferes with attention to the job. These men are concerned; they don't know what to do;

This article is a condensed excerpt from an address, "Alcoholism in Industry", by Henry A. Mielacarek, of the Industrial Relations Division of the Allis Chalmers Corporation, manufacturers, Milwaukee, Wisconsin. It was given at a convention in Winnipeg, Manitoba, in November, 1954. Allis Chalmers is noted for the educational program on the problem that the company has been conducting among its employees in recent years.

they hate to ask about it; they dread to be helped. Some will wander into our office and ask for information "to help an alcoholic," a cousin or brother-in-law. They take the material and come back in a week or two and say, "Well, you opened my eyes. I'm the guy that really has the problem. I need help." It's surprising the number that now come to us as self-referrals, whereas, previously, all came strictly as discipline cases.

Fourth, the increased susceptibility to accidents. We have definite proof from the safety record that twice as many serious or major accidents occur to the alcoholic as to the average of his fellow workers.

Fifth, absentee records average 22 days per year. These occur generally on Monday. Our supervisors are human; some of them do cover up for fellows who have worked with them for years. For example, I came across a case recently where a man had been absent 120 days last year. Certainly a case like this should have been brought to the attention of the management.

Sixth, wage losses. Often these losses upset the family budget and lead to the necessity of obtaining public welfare assistance.

Seventh, the loss of the respect of fellow workers, the upsetting of team work and of the morale necessary to production processes. In a plant like Allis Chalmers, especially in the tractor division, the production lines require close team work the full eight hours of the working day. When one man disrupts the team by either absence or drinking, he upsets the entire process.

Eighth, the jeopardy that comes to the worker's promotion and the possible loss of his position.

Ninth, the increased financial costs that follow to the worker in his domestic and social affairs.

II. On the Employer

The first cost of alcoholism to the employer is from the waste of material; this is measurable. We know what it costs as scrap, both material waste and production waste. A lot of machining goes into some of this waste material.

Second, there's always an increase in machinery and tool breakage among these people.

(Continued on page 77)

Alcohol, Accidents and Crime

By Russell S. Fisher, M.D.

ALCOHOL IS THE SECOND most common liquid on the face of the earth. No drug known to man is more widely used or more frequently responsible for deaths, injuries, and crimes, than is ethyl alcohol.

Some pertinent facts about the chemistry and physiology of alcohol are:

1. It is absorbed freely through the stomach wall as well as through the intestines. Absorption is slowed by food in the stomach, thus the same quantity of alcohol is apt to produce less effect, if taken with or following food than on an empty stomach. Absorption is also said to be somewhat slower in an habitual drinker than in the novice.

2. It is distributed rapidly throughout the body water, with the maximum blood level being reached within about an hour of imbibition.

3. Alcohol is "burned" to carbon dioxide and water, largely in the liver; less than 10% will leave the body through the lungs or in the urine. The rate of destruction of alcohol varies within limits of .02 to .05% per hour depending on the blood level present, whether the drinker is a chronic alcoholic, and such factors as coma due to head injury. One would have to drink 1 to 2½ ounces of 90 proof whiskey per hour to maintain a steady blood level of alcohol (to equal the rate of detoxication). As a general rule, all of the alcohol in the system will be destroyed or excreted if the person lives for about 12 hours after drinking ceases. This holds for the "dead drunk" individual. Less time is required if

Dr. Russell S. Fisher, M.D., is Professor of Legal Medicine, Medical School of the University of Maryland, Baltimore, and Chief Medical Examiner of the State of Maryland. This article is from one by Dr. Fisher in *Current Medical Digest*, June, 1952, revised by the author in December 1955 for *The Foundation Says*—Chicago, April-May 1956.

the alcohol level is lower. It is usually true that an individual with alcohol in the 0.15% to 0.20% range will have negative blood or breath tests in 3 to 5 hours after drinking is interrupted.

4. Alcohol is not metabolized to any significant extent after death. The level remains constant in blood and brain until putrefaction begins, when it may rise to as high as 0.6% even though negative at the time of death.

5. Because of the progressive confusion and incoordination developing in alcoholic intoxication, certain other diseases which produce confusion, slurring of speech, and incoordination may be mistaken for alcoholism. Foremost among these is diabetes mellitus. The early stage of diabetic coma may closely resemble alcoholism. Insulin hypoglycemia may also be confusing as it leads to slurring of the speech, awkwardness, and finally coma. Head injury, especially that accompanied by slowly developing subdural or extradural hemorrhage, may be, and frequently is, confused with acute alcoholism. Especially is this a danger in the chronic alcoholic, as they are more prone than normal individuals to develop such hemorrhages after minor head injury.

6. There is considerable variation between individuals in the relationship of behaviour to blood or brain alcohol concentration. Some useful "rule of thumb" approximations are:

Blood level up to 0.05% — 1 to 2 bottles of beer or 1 to 2 cocktails or ounces of whiskey. Effects are a slight or mild feeling of well-being, some relaxation of tension but little or no effect on driving ability or on other behaviour tests.

Blood level 0.05 to 0.14% — 3 to 8 bottles of beer or the same number of ounces of whiskey. Practically all persons feel some effects whether they are honest enough to admit it or not. Some individuals are recognizably intoxicated at a level of 0.10%, while others may show but little outward effects at 0.15%. Nevertheless the finer coordination tests and accurate driving ability examinations show impairment of finer skill in nearly all subjects in this "pre-intoxication stage."

Blood level 0.15% and 0.24% — $\frac{1}{2}$ to 1 pint of whis-

key in a drinking period of 1 to 3 hours. This is the intoxication state, or in the parlance of the National Safety Council, "under the influence." Twenty-two states, having chemical test legislation hinge their laws on the blood concentration of 0.15%, with any higher level being defined as *prima facie* evidence that the subject was "under the influence."

Blood level 0.25 to 0.40% — the "drunk" stage, with complete incoordination of muscles, staggering and falling, and amnesia. Many persons are unconscious in this range. Death from alcohol poisoning may occur if the blood level rises above about 0.40%, although persons have been known to recover from blood alcohol levels of 0.60%. Many who die survive long enough that their blood level at the time of death is actually below the fatal range.

Alcohol and Accidents

The nearest thing to a common denominator in accidents is alcohol. Stratton has studied a consecutive series of 193 sudden accidental deaths in Boston and found the incidence of alcoholism shown in Table 1. Thus, one-third to one-half of all accidental deaths can be laid to excessive intake of intoxicating liquor. The vehicular deaths are especially significant. They have been confirmed in many cities. In Baltimore in 1954 I found that of 85 deaths in highway accidents, 47 of the victims showed blood or spinal fluid alcohol levels in excess of .05%, and 31 or 36% were "under the influence." A study in Evanston, Illinois a few years ago demonstrated that an individual with blood alcohol level over 0.14% was 55 times as prone to be involved in a personal injury auto accident as a sober individual in the same population group. On the basis of these two statistics it may be inferred that at least one-third of the

TABLE 1
Alcoholism in Victims of Fatal Accidents

Type of Accident	Total Cases	% Sober	% "Under Influence"	% "Drunk"
Vehicle	67	47.8	29.8	22.4
Carbon Monoxide	66	36.4	36.4	27.2
Drowning	16	31.2	37.6	31.2
Other	44	25.0	29.5	45.5
Totals	193	37.3	32.6	30.1

automobile deaths in our country are due to excessive alcoholic intake. This calculates to 12,000 deaths annually in the United States! Alcohol and gasoline are truly a dangerous mixture.

Alcohol and Crime

No accurate figures are available on the frequency of occurrence of acute alcoholism in the perpetrators of crimes. That it is high is obvious from considering a few statistics derived from alcohol tests on the victims of homicides and application of the "company they keep" philosophy. In Baltimore in 1954, there were 103 homicides of which 62 victims died soon enough after the assault to allow significant alcohol determinations to be done. The results are shown in Table 2.

Here one-third of the victims had no alcohol in their bodies while 66% were drinking and 53% were above 0.15%. Actually 14 of the 62 were 0.25% or above.

TABLE 2
Alcoholism and Victims of Homicide
Alcohol Concentration - Percentage

Manner of Death	Total Cases	None	.01-.04	.05-.14	.15
Shooting	30	14	6	2	14
Stabbing	23	2	3	3	15
Blunt Force	8	4	0	0	4
Poisons	1	1	—	—	—
Totals	62	21	3	5	33

In reviewing this group of homicides, it is apparent that most of the victims might have escaped had they not forfeited the chance by being drunk when the need for self-defense arose.

In summary, the excessive use of alcohol leads to accidents and crime because:

1. Intoxication removes the usual inhibitions of the potential criminal. It leads to recklessness and consequently accidental injuries.

2. It makes many persons noisy and quarrelsome and hence leads to fights which end in injury and death.

3. It slows reflex activity and unfits the victim for his own defense.

4. In a more subtle way in the chronic alcoholic, it undermines the character and leads to petty crimes in the effort to secure money to finance the alcohol craving.

The Alcoholic in Industry

By Edward L. Morris

From National Safety News—July, 1955

IN THE period of prosperity and expansion which has characterized American industrial life for the last two decades, leaders of industry have had time to reflect on the necessity for giving more attention to the health and welfare problems of employees. Economic conditions and a tight labor market have required that special attention be given to the problem presented by the alcoholic employee.

Alcoholism costs 60 million man-hours and over a billion dollars every year. Notwithstanding these facts, industry has been slow to respond and take up the challenge posed by its problem drinkers.

With the advent of World War II and the period of defense preparedness which has followed, management more than ever has come to regard its skilled worker as a valuable and not infrequently irreplaceable ingredient. Only recently, however, has industry come to know that of 70 million social drinkers in this country, more than four million are alcoholics and that almost half of this total is employed industrially. Top management, by and large, has failed to recognize its vested interest in this problem and has frequently failed to protect its long-term skilled labor group from the inroads of this insidious illness.

Several practical considerations commend alcoholism to industry's attention. These include shrinking markets and competitive demands requiring controlled costs and efficient operation. The frequently hidden nature of the alcoholism problem requires alert management followup. Since the tendency at all levels of supervision is

Edward L. Morris is Executive Director of Portal House of the Chicago Committee on Alcoholism. This article is reprinted by special permission of the National Safety Council, Chicago, Ill.

to cover up the alcoholic, the result is not only inhumane but terribly expensive.

One industrial plant engaged in machinery fabrication operations lost a large overhead crane lift and a \$20,000 finished product because the crane operator was intoxicated. The fact that no one was killed when the machinery dropped to the floor was the accident's most fortunate aspect.

An Inside Problem

The first step on the part of industry must be to understand and accept the fact that alcoholism is not only a health and social problem outside the plant but also inside. Management of the alcoholic in industry is inevitably tied in with available antidotes for production losses, accidents, and disciplinary problems.

Typical of this new attitude on the part of industry in dealing with the alcoholic employee was a meeting in Chicago last fall aimed at just this objective. Representatives of 49 companies met to hear a description of a special program for industry now in operation for two years under the supervision and control of Portal House of the Chicago Committee on Alcoholism. This program is serving patients referred by such large companies as Acme Steel Company, Commonwealth Edison Company, Crane Company, Peoples Gas, Light and Coke Company, Joseph T. Ryerson Steel Company, W. F. Hall Printing Company, and Western Electric Company.

The attitude of those at the meeting was to listen and learn how to deal more effectively with this problem that they faced. This situation could be contrasted with the old attitude of "we don't and won't have this problem; we just fire 'em." The excuse that manpower is now available in quantity is no longer a good reason for getting rid of the alcoholic worker. Alcoholism most frequently strikes workers between ages 30 and 50. At this age, a worker usually has ten or even twenty years experience that even in a full labor market, cannot be sacrificed.

Pioneering industrial companies, recognizing these facts, have again built a better mouse trap. Allis-Chalmers Manufacturing Company, Eastman-Kodak Company, E. I. duPont de Nemours & Co., Standard

Oil of New Jersey, and Consolidated Edison of New York, set out early to cope with this difficult management problem. These companies, working with the Yale Center of Alcohol Studies, obtained facts about alcoholism which contradicted many of their old ideas and made them realize their stake in doing something constructive about the problem.

Allis-Chalmers found that its average alcoholic worker had been employed 11.5 years and that he was earning \$2.09 per hour as compared with \$1.82 for the average of the work force. Obviously such a man is too valuable to lose.

The company set up its own educational program for supervisors and, utilizing a plant psychiatrist and local community facilities, established a treatment program. Wage losses in the first group treated dropped from \$23,000 to \$900 in three years. Production gains were significant and accident rates dropped sharply. There was also a definite improvement in discipline. Alcoholics whose absenteeism had been eight per cent cut this figure to three per cent - lower than the plant average. Some of the same experience has been shared by each of the other companies in this group of early pioneers.

Allis-Chalmers' approach was unique in other ways. Its program was entirely contained in its own industrial organization, which draws on other community agencies. Many companies will feel that, with all of their other responsibilities, they cannot afford to have a separate program.

The Portal House Plan

Portal House in Chicago has operated on this understanding and has set up a special service for helping management with its alcoholic employees. The Portal House plan offers treatment for the alcoholic worker and helps management to plan for the alcoholic and educate supervisory employees about this problem.

The educational program for supervisory personnel was developed jointly by the Portal House staff and the Education and Personnel Division of International Harvester Company. It is designed to promote a better understanding of alcoholism among those in industry who

see and must deal with the problem daily.

The program includes a lecture, inexpensive charts, and a film which is readily available in the community but is usually loaned by Portal House. The lecture explains that alcoholism is an illness. It gives the supervisor an idea of the importance of dealing effectively with problem drinking on the job, stressing practical industrial reasons.

Most important, the philosophy of "covering up" for the problem drinker is shown as neither good human relations nor good business. Finally, the program tells the supervisor how, guided by an established company policy, to help those who have a problem. There is plenty of time for discussion in the program and the documentary film helps keep interest from lagging.

In educational planning, the Portal House staff works with the management to formulate a policy to deal with employees. Consultation and treatment services are available to any employer requesting them for his employees. Firm handling of problem drinkers is recommended but emphasis is placed on keeping coercion to a reasonable minimum. It is understood, however, that successful treatment can be carried out even under management pressure. The program for industry is usually centered in the medical department in close liaison with industrial relations.

Since inaugurating this plan with several companies in Chicago, Portal House has had better than average success. Eighty-seven per cent of all cases remaining in treatment for a year or more, are making satisfactory progress toward permanent sobriety. For those in treatment for less than a year 67 per cent show success. Of course, the savings involved in helping successfully even 50 per cent of these men is considerable.

In general, Portal House and the Yale Center of Alcohol Studies agree on these important points in setting up a permanent program for industry:

1. Management acceptance and understanding that the alcoholic employee is a sick person who can be helped and is worth helping. Only when management accepts this concept will the alcoholic be able to come

forward and admit his illness without fear of summary disciplinary action.

2. Management must make available through its medical department all possible treatment facilities and disciplines to help the alcoholic employee.

3. An educational program to reduce the "cover up" must be started after treatment of the obvious cases is begun.

4. If the number of those being helped grows, other problem drinkers will come forward to ask for help. There is nothing to insure this program's success like a few recovered patients.

At Portal House, psychotherapy is used in the treatment of alcoholic employees. Skilled counselors and the patient work out together the problems uppermost in the worker's mind. In this way tensions are reduced, the need for drinking frequently abates, and the resultant better adjustment assures improved functioning on the job. Portal House also works with Alcoholics Anonymous through mutual interchange to the benefit of potential patients.

SPOTS OF ALCOHOLIC DANGER

.(Continued from page 68)

Third, the cost of idle machines. Few people realize that when a man is absent continuously his machine standing idle is costing the company a lot of money. We estimate in our plant that with some large machinery the costs to us is about \$50.00 a day in depreciation. Besides add the profit that would be made on the product if the machine was in use. That cost is tremendous.

Fourth, reduced production and increased price of material.

Fifth, customer reaction to lower production quality.

Sixth, cost of stand-by employees, actually amounting to padded payrolls.

Seventh, loss of sales.

Loss of Sales

What has the drinking problem in a production employee to do with reduction of sales? Not all of these drinking people work in the shop. Some are engineers

traveling around the country installing equipment. In San Antonio, Texas a couple of years ago, the manager told me to get Red So-and-so out of Texas, because he was losing business for the company. He wouldn't show up for work. They needed power machinery to start operating a plant; they couldn't find him for a week. He was having a bad effect also on the men who were working with him. Now, he's an A. A., sober for four years. The sales in that area now reflect not only the confidence people have in our type of equipment, but also in its installation. The increase in profits is obvious.

Taverns A Source of Accidents

From "The Foundation Says—" April 1956

HAVE YOU EVER TRIED to prevent a friend or relative from driving while under the influence of alcohol?

An Army corporal wanted to stop a man from mixing the dangerous combination of alcohol and gasoline last October. He did so, but it cost him his life.

The GI, son of a Chicago woman political leader, was shot to death while on his knees pleading that his life be spared by a friend he had angered by trying to keep him from driving a car after drinking.

The slayer was a wealthy Chicago and Springfield, Illinois, business executive.

The executive was trying to prove with a gun that he was in fit condition to drive. He evidently won his point but he rode, not drove, to the nearest police station.

The GI, as a "citizen-policeman" was attempting to prevent drunken driving at its origin.

Most hosts will take an interest in their guests toward getting them on their way home safely. Therefore, the problem may be more acute at another source of drinking — the tavern or bar, even though more drinking is now done in the home.

Studies of drinking drivers have not disclosed where the drinks were obtained prior to the driver being apprehended for driving, while under the influence of alcohol. Still unanswered then, is whether more drink-

ing drivers "get that way" at homes and parties in other homes or at the corner tavern or hotel bar.

The tavern has been labelled No. 1 factor related to accidents in a study of accidents and their relation to highway design and roadside features.* A total of 1,968 accidents were correlated with nine variables: taverns, vehicle miles, gas stations, other establishments, stores, highway design features, advertising signs, restaurants and private drives along a 100-mile stretch of Michigan highway in 1947 and 1948.

In order of importance with respect to intersection sections — that is, that part of the highway the Michigan Highway Department had designated as intersections — the relationships found were in the following descending order of importance: Rank one shows the closest relationship to accidents, and rank nine, the least association to accidents. (See left below.)

As to the non-intersection sections — that is, the stretches of highway between crossroads and accident occurrence at or near signs as described by the highway department — the variables studied assumed the importance shown at the right below.

Factors Related to Accidents

(Intersection Accidents)		(Non-intersection sections)	
Variable	Order of Importance	Variable	Order of Importance
TAVERNS	1	Vehicle miles	1
Vehicle miles	2	Private drives	2
Gas stations	3	Other establish-ments	3
Other establish-ments	4	Restaurants	4
Stores	5	TAVERNS	5
Highway design features	6*	Gas stations	6*
Advertising signs	7*	Highway design features	7*
Restaurants	8*	Stores	8**
Private drives	9*	Advertising signs	9**

*Contribution not significant.

Note: Undoubtedly "homes" are frequent accident factors, but this was not included in the present study.

* Scarcely significant.

** Non-significant.

*Lauer, A. R., et al: Do Road Signs Affect Accidents? Traffic Quarterly 9: 322-329, 1955 (Eno Found. Highway Traffic Control, Saugatuck, Conn.)

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STUDENT

- And Digest of Alcohol Studies

In This Number

ALCOHOLIC RELEASE

AND PUBLIC SAFETY

The Man Behind the Accident



Democracy
is something
deeper than
Liberty; it is
Responsibility"

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THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

February, 1957

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THE MAN BEHIND THE ACCIDENT

THE ALCOHOLIC EMPLOYEE in industry is not the broken derelict of the city streets. He is the laborer in the yard, the skilled worker in the factory, the salesman, the clerk, the executive who does not ordinarily report for work in an intoxicated condition and who does not ordinarily drink on the job.

Most of the time this alcoholic employee is a capable, responsible worker—when he works and is not experiencing the after-effects of the last drinking episode.

—Statement by The Yale Plan Clinic, offering aid to Industry and Labor Organizations. *Quarterly Journal of Studies on Alcohol*, March 1949, 661.

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Alcoholic Release and Public Safety

By Harry S. Warner

THE PRACTICE of seeking sensations of ease, relief, and heightened emotions by means of anesthetic and narcotic drugs, "pleasure substances", as they have been called, has been a basic factor for ages in all questions of public safety, welfare and healthful living.

Whenever the use of such drugs has become a popular custom with general consumption by all sorts and types of people—immature and mature, juvenile and sophisticate—there has come into human living vast problems and a continuous threat to personality and safety.

This sequence has been recognized in responsible society by ceaseless efforts—often only partially successful—to obtain some degree of social, moral and legal control, or to remove the practice from unlimited self-prescription to guidance by medical and public welfare experts.

Alcoholic Release

Beverage alcohol, as one of these, confronts modern living with a far-reaching paradox, an ambivalence. Alcoholic pleasure is both heavily accepted and seriously questioned. Alcohol seems to satisfy a need, yet that need increases as use of the drug increases. Wherever widely used by millions of people in this age of the auto, air travel, and multiplied daily contacts, this most popular of all the many ways of obtaining release from inhibitions and emotional or conventional restraints has brought into human living heavy implications of danger that go far beyond the drinking hour—far beyond the individual drinker.

Among primitive people this source of danger to the tribe was known and anticipated. The research scientists of the Yale School of Alcohol Studies, and other anthropologists relate many stories of how early forest-tribes, planning a toxic celebration, insured themselves against attack from beast and enemy by seeing to it that their women—and a guard—remained sober.

Auto loads of modern teenagers use the same tech-

nique on leaving a roadhouse. They save themselves from a smash-up by asking a non-drinker to drive the car. The socially elite after a drinking party often employ their chauffeur or call a taxi or the police to get them home.

This ancient tradition extended widely today among peoples of all nations and all stages of mental growth—retarded and natural—and among normal youth as well, sifts out and starts millions on paths to danger-producing conduct. Those who are most susceptible on account of immaturity or emotional disorders are quickly affected and become sources of danger. The vastly larger number, the well-adjusted, who are free from personal inferiorities, nevertheless become a menace on the highway on account of occasional mild toxication. After fifteen to thirty years of steady drinking many develop the disease of alcoholism.

Beverage alcohol, says Donald Horton, Anthropologist, Yale University, "involves a paradox in every society in which it is used. If its first function is socially useful, the creating of a sense of well-being, its later effects may be very dangerous as a result of anti-social aggression, antisocial sexual impulses and self-aggression. By its use motor functions are impaired; the organism does not function as efficiently, the drinking man is not able to avoid danger, he is unable to form instant decisions."¹

For alcohol has direct and immediate effect upon the central nervous centers, their functioning, their ability to control, to judge, to act; on the emotions and the forms of their expression. Alcoholic pleasure brings with it marked, and often decisive, changes in mental, emotional and even the physical personality and conduct of the individuals and groups indulging in it.

Hazard in Drinking Customs

By easy stages, unnoticed while drinking socially or alone, states of mind and nerves develop in which a drinker may become "accident prone." His capacity to judge accurately, to act quickly, to act intelligently, **to be concerned about consequences**—all are reduced in effectiveness or seriously disturbed. Every day observation supports the psychological understanding that, after

the first few glasses, a man is a "bit under himself," subject to irrational emotions and unpredictable acts. His eyesight is blurred, his hearing less acute, his ability to coordinate inaccurate, and his muscular actions delayed. For two or three hours he is a well-known source of danger.

The drinking customs of today, except when drinkers remain quietly at home, are a seed-ground of vast acreage for a crop of accidents in highway traffic, air traffic, industry and everyday living. And selling democratically to all who apply, the tavern, the roadhouse, the drinking restaurant and the bottle-shop furnish the means through which the attractiveness of drug release reaches the unknowing millions who are already, or by repeated use may become, dangerous to others.

Thus, such "human frailties" as unfortunate inheritance, thwarted childhood, unhappy home life, personality weakness and inner conflicts are brought to the surface, made acute and misdirected into antisocial conduct and occasions of danger to the frequent and heavy drinker and the community in which he lives.

The periods in which the danger is greatest are: (1) the first hour or two after drinking while alcohol, circulating in the blood, has direct contact with brain and nerves, retarding and making uncertain their normal reactions; and (2) the period of reaction "the next day after" heavy indulgence, when another drink is the only way the victim knows to get relief from his "hangover." The danger at these periods increases as the habit of depending on liquor grows, from occasional to continuous or frequent use. The over-all effects constitute a continuous source of preventable irresponsibility, disorder and crime. Alcohol pleasure has become a social problem. With unlimited supplies available to all, the control of the situation is an outstanding matter of concern in public safety, public opinion and law.

Danger in Highway Traffic

One-fourth of all fatal crashes in automobile traffic in the United States are attributable to drinking and driving, says a 1956 report from the National Safety Council.²

Reports from twenty-three states indicated that "had

been drinking" was a factor in 24 out of 100 fatal accidents. Among pedestrians the ratio was 23 to 100.

Assuming that the ratio of "one out of four" applies also to the 820,000 non-fatal injury accidents of 1954 that involved 1,350,000 drivers, the reports add that the elimination of "drinking and driving" would reduce the number of both injury and fatal accidents by 213,000 per year. It would save between 9,000 and 10,000 lives and prevent 313,000 personal injuries. It would have saved 100 lives a year in the city of Chicago alone.

Asserting that "tests for intoxication have become an absolute 'must'", the Secretary says: "After the first drink (of spirituous liquors) the driver has reduced his ability to make split-second decisions and to react to emergencies."³

Elsewhere the Council revealed that drinking and driving ten years ago was one of the major contributing factors in motor-vehicle accidents, the national ratio at that time being one out of five. Apparently public danger from this source has been increasing in recent years as the popular use of the automobile has been increasing.

The Automobile: Fact and Symbol

But it is in this very field of quick and easy transportation, so gloriously opened to the masses of today, first by the train, then the auto, then the airplane, in which clear observation, accurate judgment and capacity to use skill are imperative to the machine-driving and machine-driven masses, is most serious. Here the meaning of the alcohol cult has taken on new proportions. Drunkenness now, as Professor Carver of Harvard emphasized, "needs a stricter definition than it did in the past. To be even one-quarter drunk is dangerous. The man who is dead drunk is less of a menace—the man who is one-quarter drunk is a very undependable creature, and therefore a menace."

This observation is self-evident. "It is an established fact," said the New York Department of Motor Vehicles 18 years ago, "that alcohol on the part of the operator affects reasoning adversely and seriously retards ability to make movements dependent upon rapid and accurate coordination. Vision is affected, and all normal reactions are slowed down perilously."⁴ The drinking driver

"harbors the delusion that he is the perfect driver, while in fact his mind and muscles are far below their normal efficiency. His sense of proportion is gone, his judgment is warped, and his vision impaired."

Seeking to learn "why holidays are becoming horror days," the National Safety Council gave detailed study to the Christmas season accidents of 1955. It was found that increased drinking combined with increased speed increased the average number of accidents that weekend to almost three times those of the average weekend. "Drinking drivers were involved in 55 per cent of the fatal mishaps, although normally they are involved in less than 25 per cent." "The throttle and the bottle" were the big reasons.⁵

Index of Public Safety

As an occasion of tragedy in highway traffic the beverage alcohol custom is prominent, spectacular and general. Autos and liquor are everywhere. The practice was responsible for one out of every five fatal road accidents. But the National Safety Council says that "even this large percentage may understate the true frequency of drinking drivers and pedestrians in traffic accidents." And it is largely preventable.

"No one can say exactly how many motor accidents are due to alcohol," said Dr. Donald S. Berry, when Secretary of the Committee on Tests of the National Safety Council. "Most of them have a combination of several causes with no way of determining to what extent each may have contributed. Statistics vary widely on account of the different methods of reporting used in different cities and states. The ratio of fatal liquor accidents at night, during and following the hours of general drinking, is much higher—1 to 3—then during the day."

The drinking factor in traffic accidents is much greater than police reports usually show. This kind of pleasure is popular with many people; accepted by the majority. Officials and medical examiners are cautious about charging liquor as chief cause unless the evidence is unmistakable; the charge "drunk while driving" carries a heavy penalty that requires much evidence and community, political, family and social pressures tend to force lighter charges.

A survey by an insurance company, an independent view point, states it this way: "Statistics on the relation of liquor to automobile accidents are grossly inadequate. Even though a person may be obviously drunk, arresting officials may hesitate to prefer charges of intoxication because they may know they cannot prove their assertion in court." In the last few years, however, breath, urine and blood tests have been perfected and are available in 22 or more states as aids to the police.

The range of public danger due to liquor has a tendency to increase as the spread of use increases. "For eighteen consecutive months before legal beer's return in April, 1933, the records of 86 leading cities of the United States recorded a consistent average decrease of 77.43 traffic deaths per month compared with similar periods of previous years. Immediately following, during the legal-beer-only period, April to November, 1933, inclusive, the reports from the nation's leading cities registered an extraordinary right-about-face. For the record of those eight months, instead of a decrease, showed an average of 42.25 more deaths per month than for the same months of 1932. During 1934 the number of drinking drivers involved in fatal accidents increased 29%; the number of drinking pedestrians in such accidents, 53%, according to an investigation made by the National Safety Council in which comparison was made between nine months of 1933 and nine months of 1934, the investigation covering a population of sixty million in twelve of the larger states and 33 additional cities.⁷

Safety councils, insurance companies, educational agencies, newspapers, and officials, have multiplied their safety efforts in recent years. Progress has been made against the hazards of travel in general, machinery, poison, and fire. But the casualties due to intoxication continue without appreciable reduction. Liquor dealers recognize this situation. A prominent distiller advertised that his organization was spending \$100,000 to teach the public the dangers in drinking; another that "liquor has no place in the front seat of an auto."

The seeking of pleasure in the anesthesia in alcohol brings into community life a condition that may well be called "mass irresponsibility," the sum of the intoxica-

tion that occurs at one time. Widely over the country people by the millions loosen their normal self control and cease to conduct themselves with their usual regard to the safety of themselves, their neighbors, and the public. The reality of this "mass irresponsibility" is but little modified by being diffused as it is throughout twenty-four hours.

Before the Auto

The original "drunken driver," at least an early dramatic drinking driver, was the stage coach driver of one hundred years ago. In 1838, stage companies, advertising for passengers, made it clear that they employed "sober drivers," "experienced, sober and careful drivers." Reports of travel when drivers and passengers had been drinking, were rough and vivid. Liquor was abundant at relay stations and taverns every ten or twelve miles; whiskey, apple jack and peach brandy at six cents per drink for wagoners, drivers, the "common people," a toddy of foreign liquors at thirty-seven cents for aristocrats. Quarreling and drunkenness were frequent.

The first railroad west of the Atlantic seaboard to meet the competition of the stage lines, as early as 1835 advertised that on the rails "all accidents which occur from drunken drivers and restive horses would be avoided." The railroads, soon to become a gigantic industry, thus included public safety as one of their earliest objectives.

Fifty years ago it was made a rule of the railroads that men operating trains should not drink. In 1899 the American Railway Association adopted the following: "The use of alcoholic drinks by employees in active service is forbidden. The habitual use of them or the frequenting of places where they are sold is sufficient cause for dismissal." This "Rule G," with additions, became noted in industry, a "yardstick" in the study of industrial accidents and their prevention.

The locomotive was the dramatic, high-powered machine of the first quarter of this century; the railroad was the outstanding industry; consequently the reaction against drink among its highly-paid employees was influential in the labor movements in America as well as in the management of the railroads. Railway Brother-

hoods, rail officials, and public opinion, came to the conclusion that lives and property on the railroad were not safe in the hands of drinking men.

But the train is confined to tracks. Modern auto transportation puts an engine driver, or several of them, into every family; each handles the car at high speed many times a day. This danger cannot be confined, as in the past, to rails—nor anywhere else. The part now taken by liquor in transport accidents continues to increase.

The Drinker—Not Drunk

The key to the problem in automobile traffic, is the drinking driver who is not noticeably drunk. He has not taken enough to make him conspicuous. He may pass a half-dozen policemen, none of whom can identify his condition. He holds his place in crowded traffic. Nevertheless, his self-control has been depressed to the point at which he will take long chances, insist on passing the driver ahead, risk a changing light; or his reactions are too slow when sudden changes occur. Factors to be taken into account in determining whether he is sufficiently "under the influence" to make his driving unsafe are, his nervous make-up, age, length of driving experience, physical condition, and time of day.

Most such drivers "get by." But they create unnecessary public danger. No one who handles a high-powered engine should do so when not at his best. In some kinds of work, handling shovels and rails, or sitting at ease in the evening, the location of the danger line is not important. But handling machinery, or an auto, or walking across an auto lane, any quantity that creates uncertainty in judgment may lead to tragic results. The dangerous driver is the one who has had one or two drinks. The confidence that alcohol gives him is his undoing. "He harbors the delusion that he is the perfect driver, while in fact his mind and muscles are far below their normal efficiency. His sense of proportion is gone, his judgment is warped, and his vision impaired."

Sub-Intoxication

The state of psychological inferiority that is caused by quantities commonly thought to be harmless, has been called "sub-intoxication." Certain types of drinkers are able to withstand or counteract much of this inferiority.

Nevertheless, alcohol increases reaction-time and delays decision. "Just one little drink, instead of warming you up, can freeze your reflexes, slow your brain, and dim your sight. You will not see steady as you swerve to avoid murder," as usually you do swerve, and "get away with it." A medical member of the British House of Commons pointed out years ago this "greater danger of the sub-intoxicated" who were "not drunk in the legal sense but psychologically under the influence of alcohol." "At least 25 per cent of road accidents," he said, "were due to the fact that drivers had consumed small quantities of alcohol, and were 'subintoxicated'."

American safety councils recognize the danger zone in these minor degrees of intoxication. "If you drive, don't drink; if you drink, don't drive," is more than a safety slogan. It is a recognition of a certain, but not statistically-measured, field of danger to life, limb and property. "Almost 40,000 people killed and nearly a million injured each year. . . . The greatest menace in this reign of slaughter is the drinking driver—not the drunk."

Machine Industries

Liquor is a disturbing factor wherever men handle machinery, where speed, timing, and coordination are important. This has been a generalization in industry for half a century. The instability due to alcohol has been taken into account and restrictions against it increased as it became clear that more accidents occur after paydays, that Saturday night at the saloon and Sunday drinking mean late arrival Monday morning, poorer work, inefficiency, and delay to the whole force of workers, non-drinkers included.

"That elimination of liquor would materially reduce accidents has for decades been one of the accepted dogmas of industry;" "human life, costly machinery, and continuing efficiency of operation are too valuable to be placed at the mercy of minds befuddled with intoxicants."

This source of danger and inefficiency is being given emphatic attention since World War II in a new and constructive way by some of the great industrial concerns of the country. Several manufacturing establishments, such as the Allis-Chalmers Corporation of Milwaukee, have been facing squarely the consequences of

alcoholism among their employees, superintendents and managers. Educational and counseling programs using scientific information have been organized and are being carried on by qualified experts. These programs reach thousands of employees. Their objective is to prevent accidents and **save valuable men** and valuable machinery.

Alcohol costs 60 million man hours and over a billion dollars every year in industry, said Edward L. Morris, Executive Secretary of Portal House, Chicago, which is offering psychiatric, scientific and educational service to Chicago industries that do not employ an expert of their own for full time to deal with alcoholism in their shops.⁸

This realistic approach to the national problems of public safety and the drink custom is a new and most promising one.

That Sense of Power

The confidence that comes as alcohol surges through the nerve centers is a self-assurance of its own variety. The Casper Milquetoast type of auto driver, suggests Lauer, safety expert, "might even profit by drink" but "it is fairly safe to say that this type of driver is almost a minus quantity. It is the over-confident driver who causes the most trouble, the man who does not need anything to bolster up his courage."⁹

"When one gets behind a high-powered automobile, his ego becomes enlarged," concludes another expert from his experiences in psycho-analyzing motorists. "He is all powerful; the rights of others become in the same degree insignificant; he becomes impatient with anything that balks or hinders him, such as slow traffic or red lights. When one puts together a moderate amount of liquor and a high-powered machine, a combination results which is a real menace to safety."

"In traffic considerations the important thing is the increased ego of the drinking motorist," concludes Dr. E. M. Jellinek, recent director of the Yale School of Alcohol Studies.

The illusion of greater power begins with that "sense of careless well-being that comes with the first drink, then grows into an agreeable sense of importance and super-importance as the number and frequency of drinks

is increased. Normal caution is set aside to satisfy the imagination of an enlarged self-conceit. The drinker thinks his perceptions are keener, actually they are dulled; he is certain his judgment is better, actually it is erratic; he believes he can control his machine at higher speed, actually he is losing control of himself and his machine.

"The man 'on top of the world' always tends to drive very much quicker than he thinks."

There is normally an invisible line in the drinking at which questionable degrees of intoxication begin. It may not be known—usually is not. It varies with individuals, conditions of using—and other qualifications. But it is there—and the tendency is to pass over it without knowing. That tendency is **not uncertain**. In some kinds of work, handling shovels, and when sitting at ease after dinner at night, this fact may not always be important. But in handling rapid and intricate machinery, in auto and pedestrian traffic, and wherever keen judgment and quick decision are needed, any quantity of alcoholic anesthesia is important.

An Extraneous Source

Alcoholic accidents and danger are extraneous accidents and danger. They are brought into the affairs of everyday life by tradition. Much of the great burden of accidental injury and death fought by safety councils and common sense—reckless driving, "jay-walking," the slip-up in directing an intricate machine, the climb of the children at home to the top of a stack of boxes, the short circuit in the electric wiring—all that make up the gigantic accident roll of national life, come from immaturity, ignorance, lack of judgment or natural limitations of "the human element."

But the accidents associated with beverage alcohol, in addition to what they have in common with other sources of danger, have an essential fact of difference: **they are created by the deranging action of the article itself in the nerve centers of the user.** They are not due alone to existing human deficiencies, but in large part to self-created deficiencies. Drinking brings an "accident-prone" state of emotion to many individuals, to social groups, and to the community. Where inefficiency exists,

it is increased: where it does not exist, a beginning is made; muddled nerves and minds are increasingly muddled. Liquor does not aid clear thinking, caution, wise action, but the opposite.

It is the drug-created sense of well-being, "the secret of its charm," that makes the impairment of judgment taking place seem desirable. Danger is inherent in alcoholic beverages, however defective or near-perfect "the human element" and the safety devices of machine and auto. No article of pleasure in general use, no narcotic except opium, cocaine or marijuana, brings into the social life so much danger to life, safety and health as does the use of alcoholic beverages.

The Human Factor

At a time when popular use of machines, from gadgets to trans-world planes, is increasing every day, the ability of man to use and profit from our gigantic mechanical progress is of supreme importance. Yet advancement in the "human element" has not kept pace. Invention and technology are creating equipment for living far beyond all former human dreams.

Into this situation comes the ancient tradition of toxic pleasure as a retarding factor. It stands out concretely in vast problems of public safety and health. It is an inexcusable menace for men "under the influence" to operate high-speed machines on the highway or to cross on foot a modern city street. Is not the wide use of an intoxicating substance, with its depressing effects on brain centers, equally out of place in the life of a nation? The careless habit of using this "pleasure substance" has new and realistic meaning in these years of mechanical invention and the distribution of machines into the hands of the many.

The complexity of modern living and the number of points at which everyone comes into contact with his fellows, make toxic enjoyment increasingly questionable. The states of temporary over-confidence, or of slightly reduced dependability, have greater—and quicker—implications. The day when Old Dobbin took his hilarious or drowsy master safely home is far passed. The granddaughters and grandsons of that generation, at the steering wheel or jay-walking the traffic lanes today must

have within themselves a higher degree of dependability, if they are to survive equally well.

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FOR REPRINT of this article address Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio; 12 copies, \$2.00; 100, \$8.00.

GREATEST MENTAL HEALTH PROBLEM

THAT THE 5,000,000 alcoholics in the United States constitute this country's largest mental health problem is the opinion of Dr. Karl Menninger, noted psychologist of Topeka, Kans.

"Nothing looms as large on the horizon . . . Every day we see horrifying examples of men and women who drink up every penny they own and make serious critical errors in judgment . . . taking a tremendous mental, social and physical toll."

Psychiatrists can help some alcoholics, he says, but it would be unrealistic "to think that all who need help will get analyzed." "The churches and psychiatry must assume responsibility for working out the best possible method of dealing with the problem."

In these days when everyone is talking Juvenile Delinquency I ask if you happened to read in the March (1954) *Readers Digest*, page 97 that — —

"Studies of delinquency conducted at Harvard University show: Six out of every ten juvenile delinquents have fathers who drink?"—C.M.G., Calif.

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THE
INTERNATIONAL



APRIL-MAY

1957

STUDENT

-And Digest of Alcohol Studies

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responsibility"

Campus Entrance
Ohio State University,
Columbus, Ohio
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THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

April-May, 1957

Vol. 54, No. 5

The historical culture of North America is approximately one-third non-alcoholic, one-third moderate and indifferent and one-third pro-alcoholic.

A PROBLEM IN CONTROL

Alcohol affects first the higher brain—that part which has to do with conscience, judgment, self-control and moral behaviour. After a few drinks a man's judgment is not good. If he continues to drink, his self-control is lessened, his ability to discriminate between the finer shades of meaning of right and wrong is weakened, his sense of responsibility is blunted, his conscience is being lulled to sleep. When a man puts to sleep the higher brain, his animal impulses take control.

A minister in Wisconsin said, referring to "A Modern Approach to the Problem of Alcohol," by Harry S. Warner,—

"We need more such forthright, balanced thinking and writing." I agree with him.—Mrs. Helen McKnight, Pittsburgh, Pa., United Presbyterian Church of North America.

CHANGE IN FREQUENCY: Due to the rising costs in publication, "The International Student," beginning with this number, will be issued five times a year, instead of six—October, November, January, February and April-May.

THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, five times a year, in October, November, January, February, and April-May. Subscription, \$1.50 per year; two years \$2.50.

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The Real Problem Of Alcoholic Drink

By Vashti Ishee Cain, M. A.

WHEN ATTEMPTING to re-think the whole problem of beverage alcohol, as it relates itself to the individual and to society, we should endeavor to see all its component parts, and, at the same time, to see them as a whole. We may not all be scientists, but each can do some scientific thinking—that is, look objectively and critically at each separate aspect, then see how each fact is related to the large problem itself.

Perhaps the real magnitude of the problem lies just in this: In the task of divesting ourselves of preconceived ideas long enough to examine the facts anew, as if we had never heard of them before, then to see what must be thrown away, what must be retained, and what may be rearranged to fit into the new understanding we have gained. This is not the way most of us think. Usually we start with a conclusion; then we select the facts bearing out that conclusion, the others we throw away.

No "Only One" Solution

We may not know the solution of the problem of alcoholic drink. But we do know that the only approach that has no place in the picture is the one that claims to be "the only one." For we are not dealing with a simple problem but one that is very complex and age-old. It has existed since the beginning of mankind. There have long been those who have tried to control it as well as

Condensed from a lecture at the Summer Institute of Alcohol Education at Millsaps College, Jackson, Miss. Mrs. Cain is Supervisor of Narcotics Education, Mississippi State Department of Education at Jackson.

those who have promoted the use of alcohol. What conditions would be today without these controls we can only conjecture. But of this we can be certain, that today we are confronted with a serious situation. There are five reasons why this situation merits our deep concern:

Why Be Concerned Anew

1. The frustrations, anxieties, tensions and tempo of modern life are conducive to the use of alcohol. To a degree tensions are a normal part of life; but this century seems to have dealt out an unusual number of these situations. Many of us have lived through two world wars; we wonder if we are not faced with another. We are caught in the struggle between capital and labor. This machine-age demands split second accuracy. These pressures are agonizing. Alcohol is an anesthetic through which many people gain temporary relief from the distresses of life.

2. The problem merits our concern when we realize its magnitude. It is no longer just a safety question, or a legislative, or a moral, or welfare, or economic problem. It is a combination of all these plus many more. It **cuts across every activity of humanity**. To deal with it in its entirety offers hope of finding a solution. A problem seen only in part is difficult to solve. To see all the areas of the alcohol problem is both encouraging — and frightening.

3. Today we have begun to accept the understanding that all human behavior is motivated. There are reasons why people use alcoholic beverages, and reasons why they do not. The fact that the custom has persisted so long is an indication that those who use it are attempting to fill a need. Human beings do not continue a behavior that brings no satisfactions.

4. Even though many unanswered questions have arisen in the past twenty-five years, a vast amount of new information also has been produced. We have a task; we also have additional tools with which to do the work.

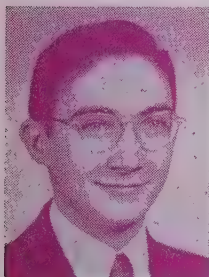
5. Alcohol education has moved into a realm of new
(Continued on page 115)

From Facts to Human Interest

The Experience of a Student

By Dave Alkire

AFTER A LONG talk with an alcoholic, on his return trip to college at the end of the summer vacation, David Milton found that he had become very greatly interested in the alcohol problem.



Robt. Dave Alkire

Thus it happened that when given the opportunity to choose a subject for his term paper he decided on "Alcohol and Safety."

But several months later he began to question the wisdom of this decision. The paper was due in two weeks. He had read almost everything that he could find on the subject. It had all lodged in his tired mind as a lot of facts, figures, statistics. He had tried to write but it all seemed so worthless. He was completely frustrated.

After wandering around the campus for an hour, he sat down on an ice-covered bench in front of the library scarcely noticing the cold. He gazed at the tall impressive building, recalling the many hours he had spent there in study. Where had he made his mistake? He had followed everything his instructor had suggested for an approach to a difficult subject. In addition to reading he had talked with the chief of Police, the Director of the Traffic Bureau, the Secretary of the Safety Council, and his state representative who was doing all he could to obtain better safety legislation. With all of this material and his own deep concern he

Robert David Alkire, student of Ohio State University, is a secretary of the Intercollegiate Association for study of the Alcohol Problem.

still could not bring himself to write his paper.

Then he recalled the one man on the campus who was outstanding for his personal interest in the students. David did not want to bother him, knowing his heavy schedule. Yet he felt desperate in his need for help.

As he knocked at the front door he hoped that the professor would not be too busy to see him. Luckily Dr. Barsmith was in and delighted to see him.

After greetings and introductions to the family the two men went into the library, Dr. Barsmith's shangri-la. Here hung his famous paintings of Vincent Van Gogh. As the professor pointed some of the interesting aspects of the paintings he told David a little of the life-story of Van Gogh.

"He died an alcoholic didn't he?" asked David as he stood there studying the great but rather sad picture, "Potato Eaters."

"Oh, no. That was not his trouble. He suffered from epilepsy and ended his life by shooting himself when everything seemed hopeless. Several of his friends are thought to have died of alcoholism, but medical science was not so far advanced in that day and it is hard to say.

"Even today very few people die directly of alcoholism. Rather they die of some disease which enters the body weakened by alcohol. Cirrhosis of the liver and malnutrition are the two most common illnesses of which alcoholics die."

"Now we are coming to the problem with which I have been struggling for the last few months," said David as he seated himself in a large easy chair in front of the fireplace. Dr. Barsmith looked at his student friend with a great deal of concern and said: "You don't mean to tell me that you have a drinking problem, David?"

"No! Nothing as drastic as that," laughed the boy. He then explained his problem and asked his friend for some stimulating idea.

(Continued on page 118)

Juries Often Fail To Convict Drinking Drivers

By Van S. Allen

FREEDOM IS THE KEYSTONE of our democratic way of life. This same freedom may also be the downfall of this way of life. The latter statement is particularly true when the citizens of said society neglect their responsibility of protecting, preserving, and perpetuating this freedom. The actions and effects of this neglect may not be too obvious at first, in fact, the results may be completely sub-rosa until the damage done can no longer be hidden.



Chapel, Bennett
College, Greensboro, N.C.

Such is rapidly becoming the state of affairs between our courts and the drinking driver. In this respect it is becoming increasingly evident that the juries who try drunken drivers are tending to be more and more lenient towards the offenders.

These people who make up the juries are persons selected on the basis of character and citizenship interest. In other words, they are supposedly among our best citizens, yet when it comes to letting the law take its course with the drunken driver, who is a potential killer, their actions indicate that their thinking about such is either illogical or too merciful.

To support the above observations the writer wishes

Prof. Van S. Allen is Instructor in Hygiene, Bennett College, Greensboro, N. C.

to point to several recent court cases in the state of North Carolina (1956) involving drunken drivers where-in the judges ended up by lecturing the juries for not returning a guilty verdict against the obviously guilty drivers.

At this point several questions come to mind, the first of which is:

1. What has happened to the thinking of those good average citizens who make up the juries that try our drunken drivers?

2. What has been responsible for the development of this lenient attitude towards the drunken driver?

3. Where does this pattern of thinking and action lead?

4. What is the health educator's responsibility to the community where this problem is concerned?

In answer to the first question, this writer seriously believes that a large number of individuals selected for jury duty in connection with drunken driving cases feel a certain kinship or a kind of guilt about having to decide on an issue that anyone of them might have been equally as guilty of at one time or another. For the average one of these people drinking and driving are accepted as long as one does not have an accident or get caught by the law. The majority of these people accept the idea of so-called "social drinking" and are very much unaware of the effect that even a small amount of alcohol has on the reflexes which are so vital to driving activity.

The second question poses the Biblical challenge "Let him that is guiltless among you cast the first stone." This is a most difficult aspect of the problem. Here we have in our culture intoxicating liquors that are sold legally to the populace. Advertisements in this same environment brain-wash a number of us into thinking that being able to purchase, drink, and serve ones' friends alcoholic beverages is a desirable mark of distinction that indicates to the world that said individual has "arrived." Others are lead to believe that alcohol is quite the thing for lubricating social relationships. These attitudes point up, very sharply, misplaced values and vast misconceptions.

It is for the reasons cited above that a goodly part of our population looks upon the driver who drinks with a kind of smirk in which the eye is winked at the law.

Where does this pattern of thinking and action lead? First of all, this pattern of thinking and action towards the drunken driver is creating a kind of creeping paralysis which, if not remedied, will render our best laws and court actions sterile. Sterility of this nature incites disrespect for the law on the part of the populace. The death tolls on our highways will continue to mount with the aid of the drunken drivers who are given more than one chance to kill themselves and others on our highways. Already health problems associated with alcohol consumption in these United States rank fourth. Accidents due to drinking drivers represent no small part of these problems.

With these observations before us, shall we stand by and watch this monster grow? Are we to encourage the destruction of our youth in this manner by being indifferent to the problem?

As a college health educator engaged in teacher training activities, I feel that it is my responsibility to foresee, comprehend, and interpret this and other types of health problems to those students with whom I have the privilege of teaching. The intention being that of creating on their part an awareness of the dangers inherent in such problems, and stimulating the desire to change this type of thinking and action within the population through efforts started in the elementary schools and continued through high school and college.

This writer feels that the true function of education is that of changing attitudes. The writer also recognizes the home, the church, and the school as all having roles in this drama of attitude changing. The effectiveness of either one is directly influenced by the other.

The educator is at his or her best when he or she foresees the dangers in such practices within our society and proceeds to arouse the interest of the general populace for the purpose of facilitating change.

The proverb "Where the leaders have no vision, the people perish," was never more true; however, visions

without action are void.

We must meet the challenge of this creeping paralysis with forthright action. The attack must be begun on the home front and dispersed into all other phases of our living activities. Otherwise we will continue to pay the penalty in lives, broken bodies and misery.

ONE ASPECT OF SOCIAL DRINK

Social tradition is a continuous occasion of alcoholic indulgence, and its main perpetuating influence. The customs and attitudes of one generation are transmitted by unthinking imitation to the next; from one social stratum to another; from a "superior" group to an "inferior" one. The association of choice wines and liquors with high society, the pleasures of the rich and successful, and the formalities of official receptions give to alcoholic pleasure a halo of dignity. The custom thereby becomes vastly important to many onlooking millions of people.

In civilized society, as the economist Thorstein Veblen said, "The members of each stratum accept as their ideal of decency the scheme of life in vogue in the next higher stratum, and bend their energies to live up to that ideal." Is it not, then, necessary to study the sources of those customs which result in disaster to the very millions who, because of some deprivation, unhappiness, or deficiency feel most keenly a need for what alcohol seems to, but actually does not, give?

Why should not the prestige of social drink be examined—the drinking at formal dinners, alumni banquets, society functions, business conferences, and political dinners; the cocktail parties, and the afternoon gatherings of the socially "elite"? Why should not this taproot of toxic pleasure be evaluated in the light of scientific knowledge, social psychology, and practical experience?

Why not analyze realistically the literature, the social approvals and the appeals of advertising which have grown around the various stages of intoxication as an amusement? As an accepted means of celebration, ceremony, and conviviality?

College Students of North America

Confer on Alcohol Problems

Nebraska Wesleyan

University, Aug. 24-29, 1957

Chairman, J. Robert Regan, Jr. (Duke)
Greensboro, N. C.

Registrar, David C. Davis, Capital Univ.
Columbus, Ohio

THE SEVENTH ANNUAL Intercollegiate School of Alcohol Studies, International, at Nebraska Wesleyan, Lincoln, beginning August 24, will be the only summer conference at which college undergraduates study together the problems of beverage alcohol in modern living, and think, discuss and decide for themselves in true democratic freedom. It is intended to help participants at four main points:

- Gain a scientific understanding of the current problems resulting from the use of alcoholic beverages and their relation to other great problems of today.
- Recognize as basic the objective approach to these problems.
- Make intelligent decisions as to personal and social attitudes.
- Develop thinking toward service and responsible, constructive leadership.

Outstanding Leaders of the Conference

As a basis for study, the School has secured speakers of exceptional ability, including:

A panel team of medical experts—

Drs. Stewart Averill and Floyd Beelman of the Menninger School of Psychiatry and the Topeka State Hospital, Topeka, Kansas in two panel sessions.

Rev. John Linton, M.A.; international and world leader, Toronto, Ontario; popular university speaker across Canada.

During the summer of 1956, Mr. Linton attended, as

Canadian and Intercollegiate Association delegate, the World Congress Against Alcoholism, University of Istanbul, Istanbul, Turkey, and conferences with national leaders in Great Britain, France, Spain, Switzerland and other countries. He brings a World View to the School.

Dr. Albion Roy King, author of "Basic Information on Alcohol"; professor of philosophy, Cornell College; popular lecturer and forum leader among American and Canadian colleges.

Dr. Wayne W. Womer, Richmond, Va.; Secretary of Alumni, Yale School of Alcohol Studies; full time speaker among colleges, schools and churches; Dean of the Intercollegiate School at McMaster University, Hamilton, Ontario, in 1955.

Features in the 1957 Program

Basic Information Daily: Psychological, Physical, Social; "Motivations," "Effects," "Social Aspects."

"Alcohol in this Technological Age"

"Alcoholism a World Problem"

The College: problems, counseling, regulations.

"Where Do We Go From Here?"

Closing night banquet.

Recent films daily.

A Week Together

The School is open to college students and their leaders; to faculty members, counselors, and religious and welfare workers in colleges.

Freedom of discussion is basic in the learning process of the School. Student participation throughout and priority in discussion are features of the week.

This School faces the Problem of Alcohol from two collegiate angles—the campus interests of students and their future as citizens, and the basic problems of alcohol in current society.

Recreation Daily

Three hours daily are for recreation—tennis, other games, folk and square dancing, singing—with the aid of an experienced leader. Opportunity will come naturally to make many acquaintances among students who will soon be moving into positions of influence and leadership.

Scholarships

A limited number of scholarships, (not including registration charge), will be available to qualified students, if personal and local resources are insufficient to meet expenses. Application must be made by July 30, to the Columbus office of the Intercollegiate Association.

Certificates

Students who attend all sessions will be awarded Certificates and their

names will be placed on the mailing list of *The International Student* to receive reports of the School and the Roberts Editorial Awards.

Application for enrollment must be made before August 1. The expenses are: Registration \$10, payable on application; room and meals \$30, payable in advance or on arrival; total \$40.

For enrollment forms and further information write:

The Intercollegiate Association, Harry S. Warner,
General Secretary, 12 North Third St., Columbus 15, Ohio

*Discovering Where
to Find It.*

"Here Lies Peace of Mind"

Story of an A.A.

I AM AN ALCOHOLIC. When AA and I found each other nearly nine years ago, this knowledge came to me as somewhat of a shock. Because I had not lost my job, my wife, or my home, I felt that I was doing all right. My problem was merely that I was drinking the wrong kind of liquor, folks didn't understand me.

No one volunteered to explain AA to me. Perhaps no one cared enough or felt the result would be worth the effort. I don't know. I still do not understand the impulse which made me call the local office of the Fellowship. My makeup, even before I began to drink, was to always choose the easiest course never to lay aside present pleasure for future profit. In my high school annual, under my graduation picture, was a little rhyme which went like this:

Life is a joke,
And all things show it.
I thought so once,
And now I know it.

It described me perfectly. My memory fails to register a single time when I chose to swim upstream instead of drift with the current.

This day, however, May 1, 1947, something happened. In reading our local veterans' weekly I had noticed a

From *Inventory*, Raleigh, N.C., March-April 1956.

April-May, 1957

one-line advertisement just the words "Alcoholics Anonymous" and a telephone number. To me, merely dialing that number on a drug store pay phone was one of the most memorable acts of my life. It brought me face to face with some startling facts, and a challenge. I felt, as so many others have, that no matter where the acceptance of these facts would lead me, or send me, it could only be better than where I was.

Even today, I am not sure about the word "alcoholic." I do not know why, or how, or when a person becomes a compulsive drinker. I know I felt in my heart I had to drink or die. I wanted to stop, but I was afraid to stop. Why, I do not know. Now, after my years with AA, I am happy in the knowledge that my daily victory over alcohol is part and parcel of my admission of defeat. For the first time in my life perhaps I had been honest with myself.

I know I can never again safely take even one drink. Which doesn't bother me, since this fact has brought me nothing but happiness and peace of mind. I know I must maintain my almost daily contact with AA, which is no burden, as I have learned to love the program and to spend a great share of my waking hours with it. I know I must help others as I was helped, but that brings nothing but pleasure. I know I must trust my problems to a power greater than myself, but nearly nine years have proved to me that here lies peace of mind.

Whether I am sober because I am happy, or whether I am happy because I am sober is another question without an answer. But who wants an answer?

The Economic Research Council of London, England, has just published "Further Evidence of a Continuing Increase in Drunkenness Among Persons Aged Under 21 in England and Wales." It is a startling document, says a British leader. It ought "to be studied by every teacher, parent and social reformer. Its findings are grave; its warnings should be heeded by all responsible citizens."

Alcoholics In Industry

National Safety Council

THE alcoholic is a well-known menace on the highway. On the job he is also a serious problem.

It has been estimated that the average alcoholic loses 22 days a year from the acute effects of tippling. His accident rate is double that of his abstemious fellow workers, according to the National Fund for Medical Education. His lost time because of other ailments is two days a year more than the non-alcoholics.

The alcoholic in industry is not a Skid Row derelict. He is usually a family man who needs and appreciates help. Often his plight is known only to his associates who try to cover up for him. Praiseworthy as their motives may be, such a course does nothing to solve his problem.

The alcoholic's problem is not merely a moral one. It is medical and social, too. Ruthless discipline by hard-boiled supervisors is not the answer. The patient is a sick man who needs the understanding of his associates—also expert medical help.

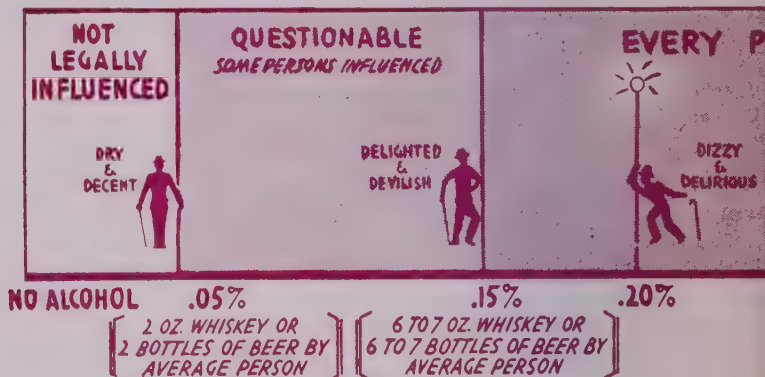
Problem drinkers are not confined to any particular group. They may be found in the higher levels of management as well as among hourly wage workers. While an alcoholic executive may not create an accident hazard in the plant, his mistakes and neglect may be costly to the company.

Many large corporations have programs of their own. Among these are Consolidated Edison Company of New York, Standard Oil (N.J.), Du Pont, General Motors, and Metropolitan Life. Branches of two universities—Yale and New York—are working with industry on constructive programs. The methods include early recognition, prevention, cure and rehabilitation.

(Continued on page 114)

Reprinted by special permission from *National Safety News*, May 1953.

THERE IS A DEFINITE RELATION BETWEEN ALCOHOL



Stages of Phy

In the Brain and

A Condensation

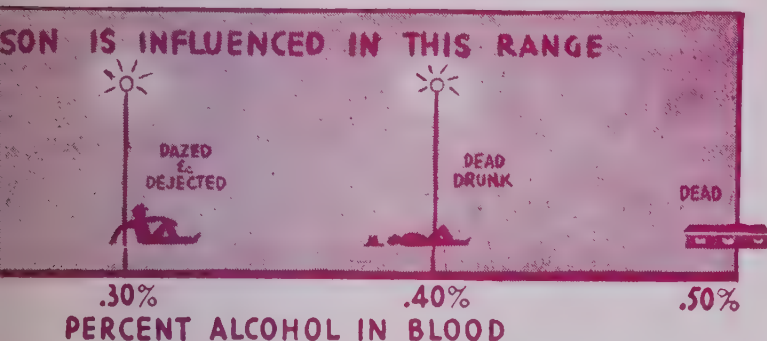
ALCOHOL IS an anesthetic with a specific depressing effect on the nervous system. The higher the concentration in the blood and the brain, the greater the intoxicating or anesthetic effects.

In human beings, a concentration of 0.05% of alcohol in the blood of the brain effects the functioning of the uppermost portion of the brain and nervous system; that is, the centers of inhibition, restraint, judgment. The drinker takes personal and social liberties, lacks self criticism.

At a concentration of 0.10% the disturbance begins to descend to the motor carriers. The drinker staggers,

The lecture from which this article was condensed was given by Dr. Leon A. Greenberg, Yale Laboratory of Applied Physiology, at Refresher Course of the Yale School of Alcohol Studies, New Haven.

IN THE BLOOD AND DEGREE OF INTOXICATION



biological Effect

Nervous System

Dr. Leon A. Greenberg

fumbles with his keys, does not pronounce words clearly.

At a concentration of 0.20%, the functioning of the entire motor areas of the brain and mid-brain are disturbed. He is easily angered, groans, weeps, tends to assume a horizontal position.

At a concentration of 0.30%, the more primitive areas of the brain are affected. He is stuporous, although aware of things, has no comprehension of what he sees and hears.

At 0.40% to 0.50% concentration, the function of the perceptive area in the brain is cut off, he is unconscious.

At 0.60% to 0.70% concentration, the very lowest level of his brain functions are reached, those which govern breathing and heart beat. These become depressed, stop, and death ensues.

ALCOHOLICS IN INDUSTRY

(Continued from page 111)

Results of these programs have been decidedly encouraging. Most noticeable has been the reduction of absenteeism. Other benefits to the employees, their families and their employers are less easily measured but no less important.

Treatment is tailored to individual needs. It includes an interview, a physical examination, and a personality appraisal. Suggested treatment may involve one or more of the following:

Individual physiotherapy—periodic interviews and discussions with friendly counselors, usually psychiatrists.

Group psychotherapy—discussions with other patients in groups of eight or twelve. Under the guidance of a staff member they talk over their problems, evaluate each other's progress, and give mutual encouragement.

Tablets that make a person sick when he drinks. This method is used only when psychotherapy fails.

Medical treatment is used when need is shown by physical examination. Vitamins, hormones, and treatment for specific ailments caused by excessive drinking may be given.

Alcoholics Anonymous has given splendid support in many cases. Joining is purely voluntary and it often helps to sustain the patient over prolonged treatment.

Labor and management can both help by learning to recognize early cases and by encouraging the problem drinker to seek help.

By helping the employee control his drinking, the company not only helps him and his family but also protects its investment in his skills and services.

Second highest on the list of Portugal's civilizing exports to Angola is wine, and drunkenness is now a social scourge in all African urban quarters.—“The African Awakening,” Basil Davidson, 1955.

THE REAL PROBLEM OF DRINK

(Continued from page 100)

intellectual responsibility. Many of the keenest minds of this country are engaged in various parts of it. Universities and colleges are including this study in their curriculums. The World Health Organization, the American Medical Association, the United States Public Health Service, and other important agencies are devoting time, energy and money toward a better understanding of the problems of alcohol. These facts are a challenge to us.

Popular Mis-conceptions

If we wish to have a part in solving this problem, we must first recognize that a serious problem exists; then define it. What is the Alcohol Problem? There are many broadly accepted mis-conceptions. I mention only four:

1. The problem is one only of alcohol. (It certainly would be easier to solve it if this were true).

2. The use of alcohol is the result of weak will-power.

3. The users of alcohol are (voluntarily making trouble etc?) trying to make problems for themselves, their families and everybody concerned. (Actually most of them are trying to solve their problems, although they may not be conscious of why they are drinking).

4. The end-results, traffic accidents, alcoholism, broken homes are the alcohol problem. (This is not correct, as these end results constitute only the obvious area of the problem itself).

Positive Angles

Now I add some of the positive angles:

1. The number of users in the United States is about 65,000,000, more than one-half of the adult population. Of these 4,000,000 are problem drinkers, alcoholics. These victims are not far from us; they are in our families, neighborhoods. Each one of them touches the lives of at least three other people. This means that three times as many people are directly involved as there are problem drinkers.

2. Alcoholism is the fourth greatest health problem in the United States. The average problem drinker is be-

tween ages 35 and 40, the time of life when each should be at his physical, spiritual and economic peak. Imagine the impact of this fact on the security and moral fiber of our society. Alcoholics are misunderstood by their families, friends, doctors, nurses, clergy. Alcoholism is a Gigantic Health problem.

3. Alcohol is a big problem in industry, in cost alone about \$500,000,000 a year. In the end it is the consumer who pays for the loss that results from absenteeism, accidents, lowered production, and excessive turn-over in personnel. Problem drinkers in industry have a loss of 22 more days per year than do average workers. Efficiency, training and experience are lost when men become alcoholic and have to be replaced.

4. There is a serious problem among youth. Of all problem drinkers, 71% started between the ages of 10 and 19 years. (Shown in **one study**).

5. Another factor that is everybody's problem is, that 50% to 60% of all persons who are in jail are there because of drinking. All of us help pay the cost of courts and jails.

6. Another is the relation between students and drinking—fatal and other accidents on the highway and to pedestrians.

7. From another view-point, if we are to see the economic problem in its entirety, it must be noted, that at least 1,000,000 people are employed in the liquor industry, and that the United States collects about \$3,000,000,000 a year in taxes. Americans spend about \$9,000,000,000 a year for alcoholic beverages and the industry \$200,000,000 a year for advertising.

8. This over-all view of the problems would be far from complete if it did not include the impact of drink on the family and in society. Separations in families where there are drinking problems are 21% greater than is the normal expectancy; the divorce rate is 15% greater.

9. Welfare agencies spend heavily to support problem drinkers and their families. A Massachusetts study showed this cost to be \$15,000,000 annually. No estimate

can be made in dollars of what this means in emotional mal-adjustment in the children who come from these homes.

10. An area that should demand our particular concern is the lack the public has of adequate information. No problem can be solved unless the public understands it. The available information seems not to have reached the grass roots of our citizenry.

The Real Problem of Today

Lastly, the real problem of alcoholic drink is more than its economic aspects, its traffic accidents, the jails that it makes necessary, its welfare costs; more, even, than broken homes, disturbed childhood and delinquent children. These are its surface manifestations. The real problem is underneath—as is the dangerous portion of an iceberg.

The crux of the problem seems to be the anesthetic effect of alcohol and the part it has in a temporary answer to man's insistant effort to cope with the problems of life.

What can we do about it? There are only five ways to attack any such social problem: Ignore it, hide it or say it does not exist, talk long and loud about it, take a defeatist attitude—say there is nothing that can be done—or face it realistically, analyze it intelligently and correct it constructively. All of these apply to the alcohol problem.

Certainly the fifth offers the greatest possibility of solution, for it carries with it the sense of responsibility for action.

CO-OPERATION

It ain't the guns nor armament,
Nor funds that they can pay,
But the close cooperation
That makes them win the day.
It ain't the individual,
Nor the army as a whole,
But the everlastin' teamwork
Of every bloomin' soul.

April-May, 1957

FROM FACTS TO HUMAN INTEREST

(Continued from page 102)

"Well, I'm not going to write your paper for you, but I will tell you something which nobody on this campus knows; something which I hope will motivate you and give you a starting point."

Both were silent for a few minutes. David sat on the edge of his chair waiting.

"I am an alcoholic!" said Dr. Barsmith. "I haven't had a drink for seven years, but I know that I can only live one day at a time — tomorrow I may take a drink and be back in the gutter again."

"Your subject is 'Alcohol and Safety.' My life has been alcohol and absolutely no safety. Would you like to hear my story?"

"Yes," said David. "I'm certainly surprised, but please tell me."

"Mine is not the typical story of an alcoholic," said Dr. Barsmith. "That is, in the sense that there has been no great tragedy in my life, I have never classified myself as an egoistic hedonist searching for euphoria. I am not a born alcoholic, who with that first drink was on his way to an unending struggle with alcohol. It took forty years of drinking before I reached the alcoholic stage, yet thirty years of very light social drinking and ten years of heavier drinking ended in alcoholism."

"I'm not sure exactly how or why I became an alcoholic. Alcoholism is both psychological and physiological as you possibly know from your studies."

"It was in September 1940 that my fight really began. I awoke one morning with the usual dead feeling which heretofore I had been able to throw off with a shot of whisky. But this morning 'the cubbard was bare.' This put me into a terrific state of subjective frustration. I was a very sick man until I reached the local bar."

"I realized then that I was becoming dependent on alcohol, but not the extent to which it was already controlling my behavior. The next ten years were almost completely non-productive. They were hellish

years that ruined my family, my savings, my social standing, and my self-respect.

"My wife did everything she could to help me. I'm sure she would have stuck by me till the end if I hadn't wrecked the car and almost killed our daughter Mary Lou and our son Paul. She left me in 1945 and didn't come back until 1951, a year after I had quit drinking.

"In reference to your subject, I think that one of the greatest dangers lies in the fact that no social drinker is really safe from becoming an alcoholic."

"I can see how this plays a part in the question of safety," said David. "I wonder how many social drinkers become alcoholics?"

"I think the statistics point out the fact that one out of every nine will become an alcoholic in a period of ten years," said the doctor.

"I'm glad that you were cured of alcoholism," said David after listening to his friend's story.

"Oh, I'm not cured. In 1950 I quit drinking, but if I went out and had a drink tomorrow I'd be just as bad off as I was then. For me there is no safety with alcohol. The only means I have to safeguard myself from this disease is to eliminate alcohol entirely from my life."

They were silent for a long period.

"I suppose you realize how hard a question you have tackled, especially since you are not a shallow thinker. As I remember your past papers, you were never satisfied until you understood most of the complicated aspects of a question. Well this is a tough one. If you consider safety as meaning a condition of being free from danger or hazard, and if you are going to apply this to our total drinking culture, you must have an understanding of motivation and reaction, and relate them to your question.

"First of all let's think about motivation."

As Dr. Barsmith said this he got up from his comfortable chair and took a book off the shelf.

"Dr. King in this book 'Basic Information on Alcohol' gives us a pretty good insight into motivation.

"A point he makes in chapter four certainly applies to the motives I had for drinking. He says, 'Many com-

munities and social groups take alcoholic drinks for granted as a fully accepted part of the folkways. Young people in the group fall into the custom without question about its values, right or wrong. Outside of such groups, curiosity and the Desire for Adventure certainly lead many to take up the use of alcohol.¹ He goes on to say that 'A desire to be pleasing to whatever company one is in and the corresponding fear of offending friendly people are powerful motives in nearly everybody.'²

"He sums up the fundamental motivating forces as follows: 'The primitive demand for excitement, the moderate need for relaxation, the desire for sociability, and the desire for escape.'³ Let's take these one at a time and analyze them in terms of safety.

"How does a man act when he uses alcohol as a means for excitement?"

"I've noticed how some of my friends like to go out and live it up after a mid-term exam or a final," said David. "I suppose their motive was partly excitement. They get involved in bull sessions; they talk and laugh loudly; they dance up a storm; they really seem to have a good time. If they get into fights, or have an accident when driving home, I could draw the conclusion that drinking for excitement is unsafe. However, as long as they don't get into trouble the only reaction which they receive is the reflection on what a good time they had."

"But how about the affect on others?" asked Dr. Barsmith, "which may be both direct and indirect? I don't want always to view things critically! But I do see a very tragic potential reaction which could and most probably would grow out of the situation which you have just described.

"Think about it while I get us some coffee," said Dr. Barsmith.

While his friend was gone David glanced through

¹*Basic Information on Alcohol*, by Albion Roy King, 1953, p. 27.

²*Ibid*, p. 17.

³*Ibid*, p. 35.

⁴*Basic Information on Alcohol*, p. 36.

Dr. King's book. The statement that "much drinking done in adolescent years is directly motivated by the desire for excitement"⁴ stimulated a new idea. When Dr. Barsmith returned David presented it to him.

"Let me think this thing through using the concept of unconscious motivation by example," said David. "These friends of mine who cause no direct tragedy or trouble represent the force which justifies drinking. This force motivates others to say, consciously, or to rationalize subconsciously to themselves that men can drink and have a wonderful exciting experience, so I must be able to do as they do. This is particularly true with adolescents. They want to have fun and excitement the same as the older and more mature boys are having. Thus every time one of my friends has a successful drinking experience he fortifies and further develops the concept of the desirability of drinking.

"This is true also of another motivating force — relaxation.

"As long as alcohol acts as Dr. King says, 'in its first effects to deaden the brain centers which control the functions of attention and precision and the result is to free the mind from its sense of strain'⁵ without apparently harming the individual, this will certainly fortify his justification for drinking and add to his concept of the desirability of drinking.

"The four motivating forces thus tend to lead the participant toward addiction. It is especially easy for the social drinker to lean heavily on alcohol to see him through a social situation.

"I don't think I need to say much about escape drinking. Motivation and reaction both lean toward addiction. Obviously this is unsafe to mental health. However, as long as an observer does not realize these motives, and sees only that the drinker is having a wonderful time, he is encouraged to follow suit.

⁵*Basic Information on Alcohol*, p. 37.

"It seems to me, Prof., that we usually identify ourselves with success rather than failure. The drinking experiences which end in tragedy have very little emotional affect upon anybody unless they are personally involved.

"Thus harm is coming out of an apparently harmless experience to the extent that a cultural pattern is becoming more firmly established."

"Do you know to what extent this culture pattern is deteriorating in its influence?" asked Dr. Barsmith. "I don't mean the obvious things such as the fact that out of social drinking we are creating a whole army of alcoholics. And that alcoholism is now accepted as one of our greatest health problems, far outnumbering polio, T.B., and cancer in its victims. Or the tremendous auto accident rate so greatly out of proportion because of drinking and driving. Nor am I referring to the obvious part that drinking is taking in crime and parole breaks."

"I'm not sure what you are driving at," said David. "But go on."

"Did you read Dr. Warner's outline of a 'Modern Approach to the Alcohol Problem'?"

"Yes."

"What did you think of it?"

"Well, I found it informative. It stimulated my interest in the problem and summed it up better than anything which I have read. I agree with him that we must include in our understanding the concept that these basic human motivations should be satisfied in natural healthful ways and not by the artificial effects of questionable drugs, alcohol or any other. But I am not sure that this can be done."

"Why?" said the professor.

David looked at his friend and then at the fire, now only a small flame and red coals in the fireplace. Sipping his coffee he sat silent, trying to think through his reaction to Dr. Warner's conclusion. He wanted to see how it related to the discussion he and his professor friend were having about the destructive influences in

our drinking culture.

"I think I've got it," said David.

"Go on."

"Well, the very fact that alcohol does answer the needs for excitement, relaxation, sociability and escape makes it a very attractive pattern of behavior. Almost everyone who has an education today knows the effects of alcohol. But they rationalize it in three ways: First, they tell themselves that they can take it or leave it alone, that they always have control of the situation. The other guy may have an alcohol problem, or get into trouble, but not they. Second, they say that problems resulting from the use of alcohol come from a deeper source, and if alcohol is taken away something worse will result. Third, they say that the issue is not of sufficient importance to be considered at all. They have enough problems without worrying about alcohol. If it helps to satisfy their needs, wonderful.

"Thus it seems to me that before people can accept Dr. Warner's challenge they must assume a sense of responsibility, and the drinking culture has developed a mass negativism toward accepting responsibility. This offers a serious threat, because responsibility is the force which motivates people to seek solutions to their problems so that we can live in a better society."

The two men sat silently for some time. Finally, Dr. Barsmith said:

"Well, David, do you think that we've accomplished anything by our discussion?"

"Yes, I feel that we have accomplished a great deal," said David. "Even though we are both non-drinkers and thus perhaps prejudiced, I don't see how we could have come to a different conclusion.

"As long as we have a drinking culture and an irresponsible attitude on the part of many leaders of education and public opinion on this issue, our democratic society is certainly not free from danger.

"As a matter of fact, I think that our non-responsive attitude toward the alcohol problem, is one of the indications that the very foundations upon which our demo-

cratic society stands are unsafe.

"I also think that when people start realistically accepting their responsibility that not only will we make great strides towards the alcohol problem, but also most of our other problems in the area of human suffering will be slowly eradicated."

"Yes, I agree with you, David."

"There is one thing that still bothers me, Dr. Barsmith," said David.

"Yes?"

"How do we stimulate people to a sense of responsibility?"

"To create a sense of responsibility is one of the fundamental goals of education in a democratic society," said Dr. Barsmith. "I think that an educational program which accomplishes this objective is our answer. If we are going to have a lasting democracy, we can't just sit around and hope that these problems will work themselves out."

As David walked home in the moonlight he finally felt ready to write his paper.

RECEDING DESIRE TO DISCRIMINATE

THE LINE OF DISTINCTION between what is "moderate" and what is "excessive", in much ordinary drinking, is indefinite; it is practically unknown to scientists; much less can it be known to him who is experiencing the feeling of successive stages of intoxicated delight. What is moderation for one, is excess for another; amounts that have little effect if taken with a meal, have greater effect when taken alone; rapidity or leisure in drinking yield different results in degree; and especially, differences in personal make-up are basic factors as to the quickness or degree of intoxication. But it is also clear that one stage shades into another, that the pleasures and excitements of mild intoxication and the desire for what comes next, grow more enticing as the capacity of the drinker to discriminate, to judge what is happening, and the **desire to do so**, become confused and irresponsible to self-control.—The Liquor Cult and Its Culture.

POLIO—AND ALCOHOLISM

POLIO, a disease that cripples the body, struck over 33,000 children and adults in 1950. A "March of Dimes" appeal called for coordinated patient-care, scientific research, and \$50,000,000 to continue its vital work the next year.

ALCOHOLISM, the illness that cripples the mind and its functioning, claimed 950,000 sick people in 1950. An appeal thirty times greater for coordinated patient-care, scientific research, public health measures, public education—and \$1,500,000,000—would be needed to continue this humanitarian work on a similar scale.

IN A COMPLEX society with so many tensions at work, we have the neurotic or diseased personality. It is natural that they should take recourse (to alcohol) to a larger degree than others. They probably constitute 40 per cent of the inebriate population, but 60 per cent come to alcoholism from an entirely normal origin and only in the course of drink. They are not seeking release. They are conforming to certain habits of their set.

—Dr. E. M. JELLINEK, Yale School of Alcohol Studies.

10,000,000 NON-DRINKERS IN GREAT BRITAIN

"Everybody drinks." The liquor trade would have us believe. But Britain has more than 10,000,000 who are non-drinkers.

A 1953 Hulton Readership Survey shows 17,000,000 men and 19,500,000 women of "beer-drinking age." The Gallup Poll, asking the question, "Are you a teetotaler?" of a representative sample of men and women throughout England, Scotland and Wales, found that approximately eighteen per cent of the men and forty per cent of the women do not drink.

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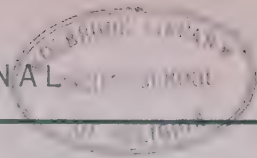
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OCTOBER

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STUDENT

- And Digest of Alcohol Studies

In This Number

Intercollegiate School Seeks
Understanding of Alcohol Problems

Background to the Problems

Asking Questions: Discussion Starter

From the Alcoholic Way of Life
to the Natural

Mens' Hall, Nebraska Wesleyan University, Lincoln



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1957/58

THE INTERNATIONAL STUDENT

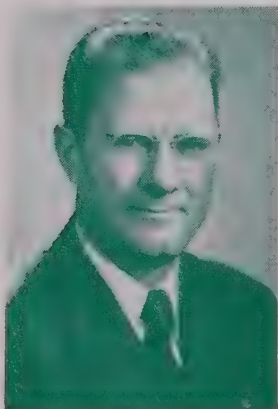
Harry S. Warner, Editor

October, 1957

Vol. 55, No. 1

An Appraisal Of The School

By Albion Roy King



Dr. Albion R. King
President

THE EIGHTH Annual Intercollegiate School of Alcohol Studies, this year at Nebraska Wesleyan University, has come and gone. Forty-one undergraduate students and discussion leaders shared intimately in it. We have never had a better selected group, or a finer spirit of inquiry in any of our previous schools. It is an inspiration to see the way such a group of college students takes hold of this question in a week of concentrated study and fellowship.

The attendance was disappointing, as heretofore when we have gone to a western campus. Most of the students

were from eastern and southern colleges. A spark is
(Continued on page 6)

THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, five times a year, in October, November, January, February, and April-May. Subscription, \$1.50 per year; two years \$2.50.

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Seeking Understanding of Alcohol Problems

THE EIGHTH ANNUAL Intercollegiate School of Alcohol Studies, first to be held west of the Missouri river, at Nebraska Wesleyan University, Lincoln, August 24-29, included students and leaders of students from colleges and universities as widely representative as the University of North Carolina, Acadia University, Nova Scotia, Manitoba, Southwest Oklahoma and the eastern and central states.

Within a theme of the Intercollegiate Association and its purposes—**objective study, basis for decision and responsibility**—the problems of alcoholic drink and alcoholism, as found in society today, were studied, discussed and confronted, in lectures by high experts, in group seminars and by personal association with groups of AA's. The outworking of the drink tradition in everyday North American life was faced fully and frankly throughout the week in a growing sense of understanding, concern and responsibility.

The Approach

Expressing the new approach of recent years and the purposes of the School, speakers and officers on the opening day made it clear that the problems of alcoholism and alcoholic drink are great problems, among the greatest that modern society has to consider. Also, that among the younger people, especially college students, such questions must be approached "objectively—not dogmatically."

In the words of Dr. Wayne W. Womer to a news reporter, seconded by Dr. Harry S. Warner, General Secretary, "students are used to a scientific and objective presentation of knowledge and information; if you

try to use persuasive or dogmatic methods concerning the alcohol problem, they will rebel and reject the ideas . . . Give the information; let students use their own intelligence in making decisions on whether to drink, not to drink, or how much to drink."

Regarding the place of the problem in the life of today, Dr. Womer said in his first address, "It must be realized that it is a big problem. It affects millions of people. In the United States 4,500,000 people are alcoholic—another 3,000,000 are eternal 'problem drinkers'. Alcoholism is regarded as America's No. 4 health problem. There are ten times more alcoholics than TB patients, 50 times more than cancer patients, and 250 times more than polio patients.

"The problem touches industry, social, moral and family circles."

The significance of alcohol in the economy of a people, was pointed out in a lecture, "Alcohol in a Technological Age," by Rev. John A. Linton, Toronto, Ontario, Vice President of the Association. "Right now," he said, "our alcoholism in Canada per capita is below that of the United States, but as our economy continues to improve our alcoholism rate climbs." Canada is doing much to fight this trend, he said, through the Government, the French Canadian church and homes for alcoholics. "Our new hospitals take in a man, dry him up, then send him to a chateau in the country for rehabilitation."

In his lecture on "Alcohol a World Problem" reporting his 1956 tour of Europe and attendance at the World Congress on Alcoholism at the University of Istanbul, Turkey, Rev. Linton said that France has the most severe problem of any country; that the French economy is so dependent on the sale of alcoholic beverages that if anyone in the government should start a movement of control, he would immediately be voted out of office.

Wrong Satisfaction of Real Needs

In his discussion of the need that everyone has to gain release from tensions, a great need in modern every-day life, Dr. William W. Cascini, sociologist, Nebraska Wesleyan University, emphasized an abundance of recreation

instead of the drug alcohol with its dangerous consequences. He said: "The uncontrolled user of alcohol is a person who meets legitimate needs in a way that is destructive both physically and socially . . .

"Everyone has basic social needs among them the need for relaxation, for escape, for recognition as part of a group . . . In our present society there is a desperate need for release from tensions in ways that are not destructive . . . this is the function of the home, a place where everyone can let off steam. We need to develop more opportunities for play and sport."

A panel of three mental health experts from the Topeka, Kansas, State Hospital, led two creative sessions of the school, bringing basic psychiatric and medical information and reports of service being given matured alcoholics and their families. They were: Drs. Stuart Averill and Cecil B. Chamberlin and Miss Peggy Purvis, social worker in the homes of alcoholics and others needing expert counsel. In addition they discussed social drinking, its influence in the community and the effect that national advertising of alcoholic liquors has in creating public attitudes on the problem.

Regarding the treatment of "Problem Drinkers"—alcoholics—Dr. Chamberlin said: "More alcoholics are treated by general practitioners than in clinics, or any other agency, the reason being that families like to keep quiet the fact that one of their members is an alcoholic.

"For this reason," he added, "family doctors must have more adequate training than they are now having."

Early in the week the students and staff attended an open meeting of Alcoholics Anonymous, at the invitation of local Lincoln groups, including one in the state reformatory. Held in a large room at the leading hotel in the city, this session was a "fifty-fifty" two hours of vivid, realistic and enthusiastic first-hand experience in the deeper meaning of alcohol problems. The A.A. leader, a prominent attorney, briefed the students on the policies and procedures of A.A. This was followed by three members who gave vivid life-stories of their drinking careers and their successful rehabilitation. One said

that his heavy drinking had not been one of willpower, but of "finding himself", his better self; another, a reformatory inmate told of his "downward slide"; another, of drunkenness, many arrests and crime that began in middle-teen years; and a wife of an A. A., told of the help a group of wives of A. A.'s are giving their ex-drinking husbands, their associates and families. Then for an hour, the students and the A.A.'s talked personally in small groups and individually, exchanging views. It was deeply inspiring to see how the A.A.'s appreciated the interest being taken by college students.

The School, sponsored by The Intercollegiate Association, was warmly welcomed to the Nebraska Wesleyan campus by Dr. Vance D. Rogers, President, who gave a brief address of welcome.

Organized with the younger leaders of the Association in charge, J. Robert Regan, Jr., of Washington, D. C. and Greensboro, N. C., was Dean; David C. Davis, Capital University, Columbus, Ohio, Registrar; and Dave Alkire, Ohio State University, Stanley F. Knoek, Washington, D. C. and William Potoroka, Winnipeg, Manitoba, seminar leaders.

An Appraisal

(Continued from page 2)

needed to arouse student interest in the alcohol problem, especially in the midwest.

High lights of the program were the sessions with the doctors and social workers from the Topeka (Kans.) State Hospital where creative work with alcoholics is being done, and the open meeting with Alcoholics Anonymous, which was one of the best planned we have ever had. The speakers included a University of Nebraska student and an inmate of the state prison who came under guard. Both of these had drinking experience at college age that had brought them into serious trouble; both had found new hope through the fellowship of A.A.

We look forward to the school of 1958. We say to all college students that it will give you a week of insight and inspiration that will last a life-time.

Background To The Problems Of Alcoholic Drink

By Harry S. Warner

ONE OBJECTIVE that we may set for ourselves at the beginning of this School, if we want to be realistic—and a bit critical—is to clear away the hazy generalizations that are so easily made about the Alcoholic and the Alcohol Problem.

We must cut through emotional thinking—for or against—and particularly the feeling of evasive indifference, so we can see the meaning of the words we are using.

"The Alcohol Problem?" What do we mean by the phrase? Do we know? Or just think we know? Or, as so many others, not care to know?

What do we—and the public—mean by "the alcoholic," "alcoholism," "the disease of alcoholism," "drink," "drunkenness," "temperance," "moderation," "narcotic," "anesthetic," "this good thing of life," "this curse of civilization," "this question that each must decide for himself," or does he? "Where do serious questions arise?" "Or do they arise?" "What are the results in the life of the family, community, and nation?"

Or as a challenge: "Is drunkenness a sickness, or a sin? A cause or consequence? Why concern ourselves with it anyhow?"

Age-Old Cult in Modern Culture

First, it should be made clear that this problem—or set of problems—has perplexed human living ever since the childhood of civilization. It is **age-old**, yet super-modern, sorely controverted, an occasion of endless questioning, continuous scientific research, unlimited rough experience and **present-day indecision**.

A Lecture at the Intercollegiate School of Alcohol Studies, Aug., 1957.

We in this School must face it frankly, objectively, just as it is found all around us, deep in the culture in which we are living—the modern life of North America, to which the immigrants from every country of Europe, in the past 300 years, added a share to our present cult of alcoholic joy—and drunkenness.

This tradition of the ages would need no particular attention if it were merely a question of customs, or of the euphoria and release that alcohol gives as a "pleasure drug." In a democratic society it would be a matter for the individual and his social group alone.

But basically and always, wherever the use of alcohol prevails extensively, today and through all past ages, there are consequences so serious in human living, that **they equal or out-weigh** the destructive effects of all the forms of war that have ever existed in the past. And the reactions of people to these consequences are as complex and contradictory as are their attitudes toward the problem of how to get our different races to live together in equality and respect for each other.

Ambivalence in the Alcohol Cult

From the primitive years of tribal life in the forests there have been divergent reactions regarding the use of alcohol. It has been both accepted and rejected. Ancient tribes, going into a day and night of drinking would require part of the tribe to remain sober to protect the party. Later, moral observance of drunkenness led to the growth of ethical and religious criticism of the state of intoxication as in itself immoral. "The Nectar of the Gods" became a "Work of the Devil."

In addition to what may be learned from historical and ethical study of "drink" culture through thousands of years, there is now a relatively new sociological factor of inquiry—the question of what function has alcoholic drink served in the past? In the culture of today? For it is used by many people in all classes and at all levels, from savagery to civilization. Yet, in every society that accepts it—there are—and always have been serious problems of personal and social degradation. It is en-

joyed for the sense of ease and relief from tensions that it yields, but it does little to remove the cause of any ill-feeling; rather, it tends to conceal the ills it is taken to alleviate, permits them to grow, and adds more burdens than it relieves.

Its use has a conflicting appeal: The comfort of the moment and the compulsions of the addict—with various stages between.

A doctor may prescribe any anesthetic, narcotic, poison, or “wonder” drug — but **ALCOHOL IS THE WORLD'S MOST POPULAR SELF-ADMINISTERED DRUG.**

Two-Way Satisfaction

This appeal to resulting and conflicting satisfaction, deeply set in drinking culture, is explained by Dr. Abraham Meyerson, Harvard medical expert and sociologist, as follows:

“Alcohol is the drug that is used to enhance fellowship and evince gaiety, celebration and ceremony. To class it simply as a drug of escape and oblivion, is to express only one phase of its psychological use. The other phase—celebration and ceremony—should be understood. The whole attitude of society is decidedly ambivalent.

“On the one hand, it (the social structure) extols alcohol and builds up its manufacture and sale into a major industry exerting great propaganda power, encouraging its use by a thousand and one devices, such as making it almost synonymous with sociability, celebration, and good fellowship, as well as extolling the capacity to drink as a measure of virility and organic worthiness.

“On the other hand, it punishes, mocks, and derides the alcoholic. Its stock source of humor is the drunkard or the man under the influence of alcohol and yet it builds up laws and societies which have for their aim, either the lessening or the abolition of drinking.

“There is no such **mixed attitude** toward the use of any other drug, so far as western civilization is concerned.” (Quart. Journal of Studies on Alcohol, Sept. 1944)

Society today both wants alcohol and rejects it. The characteristic is outstanding in early and modern culture. It occurs even in drinking groups, when conduct goes beyond the accepted standard of that group.

Disturbed Personalities In The Culture

Recent scientific research makes it clear that people of unstable personality are the first to become heavy or compulsive drinkers. They include the nervously disturbed, the emotionally disordered, the neurotic, the immature, children from broken homes, youths whose parents have been cruel, overly possessive, and dictatorial. From this source come 40% or more of our 4,500,000 alcoholics and excessive drinkers.

But it must not be overlooked, that anyone, however free from personality defects, may become an alcoholic. Regular, heavy or frequent drinking may lead to this questionable condition. Dr. E. M. Jellinek of the WORLD HEALTH ORGANIZATION has estimated that up to 60% of our 4,500,000 American alcoholics were mentally healthy people. Their excess grew out of ordinary, social drinking.

There are distressed personalities in both the non-drinking and the drinking parts of our every-day life. But they are not - **cannot** - become alcoholics until alcohol has **been added** to their neurosis. A disturbed person who never drinks will remain a disturbed person. When he accepts drink, in effect he joins the alcohol cult. It is absurd to call anyone an "alcoholic" before he begins drinking.

The active factor is the cultural environment. As stated by Dr. John Dollard, anthropologist of Yale University, "There must be a social and cultural situation which provides occasion and some degree of permission before a neurotic can even begin the process of becoming an alcoholic."

The Tradition in Current Society

The cultural background of drinking problems may well be regarded as their main source. The inner condition of the individual is one—but the tradition is the tap-root. It precedes the growth of alcoholism, often

initiates that illness itself.

The custom has become deeply established in a large, possibly major part of our current civilization. For many, drinking is a way of life; a way they act without conscious thought. Children are born into it, grow up in it, and pass on to the next generation without examination, the attitudes and practices that they inherited.

Youth coming from any other culture, into drinking groups find the custom **IMPORTANT**, highly desirable if not required for acceptance. The "cock-tail hour," modern symbol of the cult, popularizes and spreads it with silent but powerful invitation. Thus the social pressure reaches all those who seek in it release from tensions, emotional disorders, unhappy life—and from fear of acting in an unacceptable manner.

Basic Divergent Trends

For many ages, but particularly in the past two hundred years, two very different trends in culture, have been existing, side by side, in North America and western Europe.

First, the cult that **FULLY ACCEPTS** drink traditions as they come from the past, naturally and without critical attention. Here pleasure, prestige and profit motives are dominant; unfortunate consequences are minimized or ignored.

Second, the cult that **SERIOUSLY QUESTIONS** alcoholic satisfactions as dangerous to persons and socially deteriorating.

The Non-drinking Culture

Coming down through the ages, the non-drinking custom, usually in the minority, is outstanding wherever drink has prevailed, in the past and at present. Before the American revolution almost all adults accepted liquor, on rare occasions or oftener; now one third never do.

For 150 years in the United States, Canada, Great Britain, the Scandinavian and Germanic countries and elsewhere, non-alcoholic culture grew in interest, social influence and personal practice. The number of those who discarded alcohol was at its peak from about 1910

to 1932. Social disapproval was at its highest about 1925. After that period, a change may be noted, not only in the United States and Canada, but also in Great Britain and Europe. Contrary to general understanding and propaganda—this change did not occur in North America alone; it was marked in Great Britain and other countries in close coincidence with the world-wide depression of the late twenties and early thirties.

At present, the non-drinking cult is a substantial and continuous part of American culture. The Yale Center of Alcohol Studies reports that 65% of adults drink and 35% abstain. Thus broadly, and permanently, the **culture of today is at very least one-third non-alcoholic.**

Supplementing this estimate, the "College and Drink" survey of 17,000 students in 1953 reported that 74% used alcohol "to some extent" and 26% were wholly abstinent. Included in the 74% were those who had taken as few as two or three drinks a year, doubtless with some questioning or protest.

Gallup polls of the general population showed similar measurements of public attitude as follows:

1945, 67% of adults said they drank, 33% did not

1955, 60% of adults said they drank, 40% did not

1956, 58% of adults said they drank, 42% did not

In Great Britain there are reported to be 10,000,000 abstainers, notwithstanding the claim of brewers that "everybody drinks." A Gallup poll in 1948 showed that 18% of the men and 40% of the women interviewed were non-drinkers. A 1951 survey says "Nearly one-third, 31.6% of persons over 16 years of age never take alcoholic drinks." And a publican complained recently that "even on Saturday nights when we get crowds of young persons in from a dance, 60% call for soft drinks."

Is There A Better Classification

But is 35%-65% division in the United States as accurate as it can be? Is it realistic? Another division, differing somewhat, may be made from the same statistics and over-all facts, as follows:

1. The majority section of society accepts fully, enjoys and supports the drinking custom. Here, drink is

important—socially, habitually, and economically. It includes steady, social, heavy and compulsive users, all who are interested economically, directly and indirectly in the industry, and those who by prestige and social influence support the satisfactions to be gained from alcohol.

It includes **most** of the 65% **classed** as “drinkers” in the Yale and other surveys. Most of them may be counted on to give positive support to the drink cult as it is, without regard to its questionable aspects. **But not all.**

2. The 35%, a very substantial and persistent minority, wholly reject the drug alcohol as a popular beverage. They regard it as injurious to persons and dangerous in the community. This clear-cut section is found, in varying percentages, parallel to the drinking section wherever the custom itself is found.

3. The groups between the non-drinker and the committed drinker include the following:

(a) Those who on rare occasions accept small amounts for ceremonial, celebration or religious purposes, yet are conscious of the dangers in the custom and the habit. To most of them drinking may be very UN-IMPORTANT.

(b) Personal abstainers who ignore the social aspects of the problem, or are not concerned. To them drink is of individual importance only. They recognize no responsibility to aid the alcoholic or remove the burdens of the problem that rests on society.

(c) Men and women who have had SERIOUS PERSONAL EXPERIENCE with the excesses of drink and have rejected it for themselves—recovered heavy drinkers, the great body of A. A.'s. Here alcohol is seriously, often desperately important, yet chiefly as a personal problem.

(d) Some social drinkers reject drunkenness, accept and impose severe social restraint and support legal control. They seek to reduce “excess.” Some are ready to set aside their own use if and when to do so will aid youth or the community. To them, not drink, but re-

sponsibility for it, is important.

Enlarged Source for Future Advance

Within these groups lies a new opportunity to enlarge constructive service and to instil a sense of democratic responsibility to render service. With **cooperation from them**, based on recent scientific and practical knowledge, a new advance in practical, tested steps, toward **ultimate solution** should now be expected.

One-third is fully or more alcoholic; one third non-alcoholic; another third seriously questioning the cult even while participating in it.

The problem today is mainly a social problem, because of its social consequences. Neither personal abstinence alone nor rehabilitation of the alcoholic alone can solve it; both are factors in a more fundamental change to a sense of DEMOCRATIC RESPONSIBILITY that is necessary in the larger advance toward solution that must now be made.

*We sought the
answer together.*

Let Me Ask Some Questions

A Discussion Starter

By Dave Alkire

DO YOU KNOW that 65% of the adult population of this country drink beverages containing alcohol?

Do you know why? What motivates them? Are their reasons based in tradition? Do they drink because it is fun? Because they want to escape from trouble? Because of the lure of advertising? Because someone told them not to do so, and they wanted to prove that they are adults? Because parents showed them how? Do most people know why? Or care to know?

Do you know what happens when people drink? How it affects them physically? Psychologically? Do prob-

FOOTNOTE:—Dave Alkire, Ohio State University, was a seminar and and recreation leader at the Intercollegiate School, Nebraska Wesleyan University, Lincoln, August 24-29, 1957.

lems arise if people drink? Does drinking before driving really cause accidents? What is the correlation between drinking and the high divorce rate? Between drinking and the loss of time in industry? Does alcohol stimulate genius in an artist? Retard it? Is it totally destructive or sometimes constructive? Or does it sometimes have no effect one way or another?

What do people derive from drinking? What is this sensation, "euphoria"? Why do some people seem to have a better time at a party when cocktails are served? What does beer on his way home from his job give a working man? Why do people who have nothing at stake except pleasure react so hard against control?

Can people who are addicted to alcohol be cured? If so, how? What do the A.A.'s accomplish? How effective are they? The psychiatrist at the mental hospital? The family doctor? The family minister?

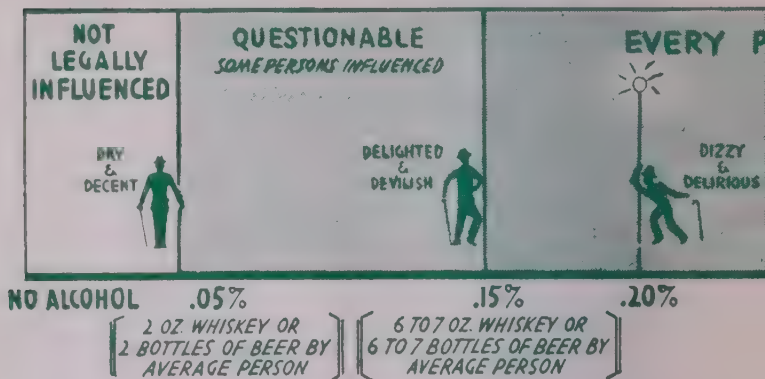
How many heavy problem drinkers are there? How many alcoholics? How fast are they increasing?

Is prohibition an answer? An only answer? Or one of many? Can a cult of moderate drinking be established that is free from problem drinking? Is the pleasure worth the pain in our society today? What is the solution to the problems of alcohol? To the problems caused by alcohol?

These and other questions were discussed in small intimate groups at the INTERCOLLEGIATE SCHOOL of Alcohol Studies. If you would like to see any of them given attention in **The International Student**, write me or the editor. And plan now to come to the next School and help as we try to answer them together.

AS SOON AS A MODERATE drinker gets to feeling blue, or has family or financial difficulties, or wishes for some reason to anesthetize his conscience, he doubles his previous dose of alcohol and soon is in the excessive stage.—George W. Crane, Chicago, Illinois, noted psychologist and medical writer.

THERE IS A DEFINITE RELATION BETWEEN ALCOHOL

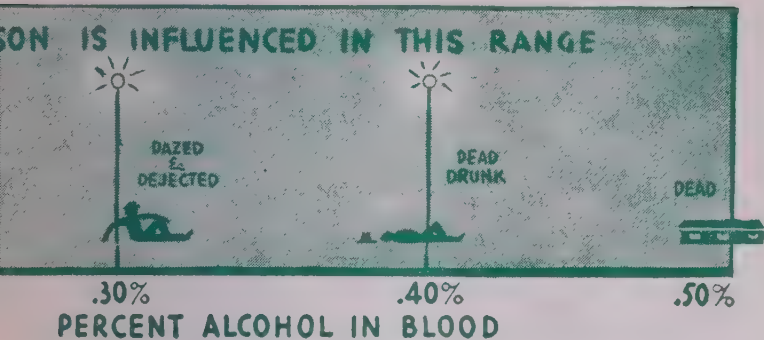


Over Four and One-Half Million Alcoholics In The United States

THERE ARE NOW 4,589,000 alcoholics in the United States—fully developed alcoholics “with and without complications” as stated technically under the tested Jellinek formula of estimation. Of these 3,800,000 are men, 700,000 women. This latest estimate, reported in the *Quarterly Journal of Studies on Alcohol*, is for the year 1953. No equally dependable report has been made since.

The estimate is nearly one-fifth larger than the older one of 1948, 3,852,000, that, rounded out as 4,000,000, has become the widely known “4,000,000” of recent years. The tremendous increase of a half-million in ten years is explained by the report as due to improved diagnosis and better reporting of medical information and is therefore more accurate than the earlier 4,000,000.

IN THE BLOOD AND DEGREE OF INTOXICATION



In addition, the increase would seem to be due in part to the wider spread of the drinking custom which has occurred in recent years.

The rate of alcoholism as shown in this latest report is now 44 per thousand adults; or, among men, 76 per thousand, women 13 per thousand.

In addition to these definitely-classified four and a half million alcoholics, there are the "heavy excessive drinkers," "problem drinkers," 3,000,000 or more, that, added to the known alcoholics make up the 7,000,000 that Dr. Jellinek includes in a more comprehensive meaning of the term "alcoholics."

America Tops the List

Taking these Yale Center statistics into account, a writer in the **Readers Digest**, April, 1956, in an article, "The Uphill Fight Against Alcoholism," calls the United States "the alcoholic capital of the world," although France and Sweden come close below. This writer believes that the rate of reported alcoholism in the United States has risen approximately 45 per cent among men and 52 per cent among women.

For comparison the number of alcoholics per 100,000 was listed in 1948 by countries as follows:

United States	3,960
France	2,850
Sweden	2,580
Switzerland	2,385
Canada	1,804
Norway	1,560
Finland	1,430

"The problem deeply concerns our population," said Dr. Jellinek, "in waste of human life, of happiness, in disruption of the family and society, in economic values. We have a challenge to face and master before it masters us. In terms of men and women, 3,000,000 were alcoholics in 1948 out of 67,000,000 users of alcoholic beverages. The United States ratio is 3,960 per 100,000 population 20 years and over, or nearly 4% of all adults. Between 1940 and 1948 alcoholics in the United States increased 20%, with female alcoholism increasing at a more rapid rate."

WE CANNOT PREDETERMINE who is susceptible and who is resistant to becoming an alcoholic. We cannot discover the alcoholic until he has started to drink; and sometimes he must drink socially and then moderately for twenty-years before his alcoholic susceptibility becomes evident.—ANDREW C. IVY, M.D., Ph.D., D.Sc., University of Illinois.

THE DEATH RATE, crime rate, and accident rate in a given community, vary according to the average alcohol consumption; and when alcoholism decreases so do the death rate, crime and accident rates; and relaxations of restrictions on alcohol is followed by a rise in commitments to asylums, hospitalization and delinquency.—DR. E. M. JELLINEK, consultant, World Health Organization.

*"Most pressing social
problem of our age."*

From the Alcoholic "Way of Life" To the Natural

By an A.A. Member

FIFTEEN YEARS ago I found myself in the throes of chronic alcoholism. I was drinking myself to death.

And but for the grace of God and the help of Alcoholics Anonymous I would have succeeded. After fifteen years of sobriety and constructive living it is not easy now to turn back the pages of my life to that sordid period of problem drinking which qualifies me to speak with some measure of authority on the subject of beverage alcohol. I am motivated to do so for the reason that I feel perhaps my life-time experience may be of some benefit to others.

Pressing Problem of Our Age

Beverage alcohol is the most vital, the most pressing social problem of our age. The drink curve is steadily upward. More people are drinking. More alcohol is being consumed today than ever before and each year shows a new high in the number of chronic alcoholics.

There is ample reason for grave concern. The problem is much more complex and goes deeper than most people realize. Man has always sought a means to alter his relation to his environment. In the main this urge has found two competing forms of expression—religion and alcoholic indulgence. Throughout all history the urge of man for exultation and escape from reality through alcoholic indulgence has been as universal and as persistent as his worship of some sort of God. We must face squarely the fact that beverage alcohol can, and

The author, for years a successful lawyer, now an active church lay leader in his denomination has spoken at many outstanding events. He is noted for his realistic application of the latest scientific understanding regarding alcohol in the life of today and his efforts to help those who are afflicted with alcoholism and its problems.

does, afford a very convenient and pleasant escape into the phantasy and solace of alcoholic indulgence.

The real answer to the problem of beverage alcohol is an education. I am satisfied that had I received proper instruction as a youngster I would not have become an alcoholic. Now in case that statement may appear to be a condemnation of my parents, teachers, and religious advisors let me assure you that it is not so intended and that nothing could be further from the truth. They were all devout and sincere Christian people; intellectually and culturally they were leaders of their community and time. They did the very best for me they knew.

As a lad of five years at the turn of the century my temperance education was brief and to the point, strictly negative. It was a "sin" to drink. Just that and no more. The conception of "problem drinking" as the hopeless attempt of a frustrated, inadequate person to make some sort of adjustment to life was unheard of. The drunkard, as he was known in those days, was looked down upon and shunned by decent people. He was thought of as a weakling, social outcast and moral leper. The only reason advanced as to why some people drank more than others was that they were the more sinful and degenerate.

We have now come a long way in our thinking. We know that the alcoholic's real problem goes deeper than the drink habit. We now know that the drink habit, in fact, is the result or symptom of a personality problem arising in childhood through no fault of the victim. It is now generally accepted that the person who becomes an alcoholic has a defective personality consisting of many inhibitions, conflicts, and self-centered attitudes that make him a potential alcoholic even before he takes his first drink. In fact, it is because of this inner conflict—this deficient, frustrated personality—that alcoholic indulgence is so appealing to him. He has what is commonly called a psychic urge for the effects of alcohol.

During the last 25 years our social scientists have conducted intensive research in an attempt to isolate

and more clearly define this, so called, potential alcoholic personality. They were searching for an answer as to why some people drink more than others. Their results seem to indicate that it is highly dangerous for anyone save those with well integrated personalities to indulge in beverage alcohol. The reason for that conclusion was apparent when it was found that **the personality faults of the average alcoholic are common human faults possessed in more or less degree by people generally.**

The findings of social scientists reveal two basic classifications of faulty personality which all alcoholics possess in a very marked degree. First, very definite neurotic tendencies; second, alcoholics are always characterized by the pattern of "emotional immaturity"; they are all essentially selfish, self-centered.

My Own Experience

I am now ready to confess that as a youngster I approached manhood with those personality faults. I was a typical potential-alcoholic, if ever there was one. Of course, I was then in no immediate danger of becoming an alcoholic and, in fact, would never have if the taboo that it was sin to drink had proved to be an adequate barrier.

But aside from that I needed the wholesome spiritual guidance and training that can be supplied with the knowledge we possess today.

Through no fault of mine, and due to environmental and educational conditions over which I had no control, I was very definitely inadequate and unsure of myself. The religion which should have served my needs was more calculated to develop neurotic tendencies and personality conflicts than to remove them. I was emotionally immature, selfish, self-centered, and desperately in need of a positive creative religion that would demand that I transform my faulty attitudes, relinquish ego-centricity, accept responsibility and face reality. Instead I was subjected to a negative, repressive, other-wordly religion more calculated to confirm me in my childish ways than to remove them—a religion more calculated to give

me an escape from reality than to give me the strength and courage to face it.

Trying to Adjust While in College

I was 20 years of age and a freshman in the university when I took my first drink. I did it deliberately with a deep feeling of shame and guilt. I remember the incident as though it happened yesterday. I had gone to a neighboring state to see our team play football. Liquor flowed freely in the crowd I was with, but I refused to participate. Before the game, however, I slipped away from my associates, entered a saloon alone and ordered and drank a glass of whiskey. I even remember the brand—it was a shot of And I want to tell you it made me feel mighty fine. I was agreeably surprised beyond all expectations and I said to myself, "If this is sin, I want more of it," so I drank another glass. Words cannot describe the feeling of contentment and well-being that came over me. I no longer felt timid, a fault that gave me great concern. My feelings of inferiority and inadequacy disappeared as if by magic; my ego expanded. My inner conflicts and inhibitions vanished and for the first time in my life I felt at peace with myself, able to face whatever problem life had in store for me.

Thus began for me a period of indulgence in beverage alcohol that lasted for 25 years and ended in the shame and humiliation of chronic alcoholism. Once started, I drank steadily but in the early stages very moderately. I drank for exaltation—the desire to live life to the fullest, to achieve, create and accomplish. I was thoroughly convinced that while liquor might be bad for some people who drank to excess, for me and in moderation, it was just what I needed to help me get on in the world.

*** Discovering the Illusion**

Of course it was a false adjustment and one that had to be continually supported by deeper and deeper phases of alcoholic indulgence. It was like a crutch—a false crutch—but in the beginning it seemed to serve a useful purpose. The sad part was that there was no one to tell

(Continued on page 24)

Recent Trends In Seeking Solution To Alcohol Problems

By William Potoroka

Condensed

DURING THE PAST twenty years certain new trends have been taking place, and are now continuing, toward solution of the problems of alcohol in human living. They constitute a calmer, more objective, more pains-taking, and perhaps more promising and comprehensive attack than the attempted solutions of the preceding 100 years. They are as follows;

1. **The Phenomenal Rise of Alcoholics Anonymous** as a compassionate and spiritual approach to alcoholics in place of the attitude that combines the moral with the condemnatory. The strength of this movement comes from its sole concern with alcoholics who are brought into surroundings of understanding, kindness and fellowship.

2. **The Alcohol Education Movement** stimulated by the Yale School of Alcohol Studies. Here a scientific, factual presentation of information is made to young people and adults in a spirit of tolerance and respect for individual freedom plus responsibility. This is accomplished usually through State Departments of Health or Education.

3. **The Alcoholism Rehabilitation Program.** Set up under state or provincial legislation, such programs usually have three general aims: Treatment of Alcoholics, including care and prevention, education about alcoholism, and research. This program gathers a staff of experts, consisting of medical doctor, psychiatrist,

FOOTNOTE: Condensed from a lecture by Rev. William Potoroka, Winnipeg, Manitoba, at the Intercollegiate School of Alcohol Studies at Nebraska Wesleyan University, Lincoln, August 29, 1957. Mr. Potoroka is Executive Director of the Manitoba Temperance Alliance.

psychologist, social worker, the A.A.'s and ministers.

4. **Research**—Medical and physiological research is continued as in the past, but now welcomes the developments that are taking place in sociology and psychology where research is perhaps slower and more difficult.

5. **The Creation of a Fund of Factual**, reliable literature and films for use by experts, educators, and the general public.

6. **Emphasis on Sober Automobile Driving** as a factor in public safety. The effects of alcohol upon driving performance have been fully demonstrated; the danger of drinking when driving is recognized. State laws are being passed in the attack upon this problem; they are aided by scientific tests for measuring the amount of alcohol in the blood of a driver or pedestrian. Jail terms, fines, and suspension of licenses are effective as deterrents.

From Alcoholic Way of Life

(Continued from page 22)

me the truth about alcohol, and how badly I was being deceived.

Thirty years later, after learning "the hard way" and when I had been a member of Alcoholics Anonymous for five years, it came to my attention that some of the young people of our church were doing a little experimental drinking. I thought, in all fairness, if they were going to drink they ought to know what they were being let in for, so I prepared a factual statement for their benefit. It is entitled:

Alcohol A Deceiver

. . . Alcohol is the great deceiver. It produces in the drinker a false estimate of values. It leads him to fool himself.

. . . It is commonly understood, referred to and considered as a stimulant, yet it is in no sense a stimulant—it is a depressant—an anesthetic.

. . . Makes a person feel stimulated, and he fancies himself to be more effective both intellectually and physically, but as a matter of fact, scientifically and conclu-

sively established, his competency in mental and physical matters alike is definitely less.

. . Exalts the ego while the nerve centers which have to prove the exaltation are slowly put to sleep.

. . Gives one a feeling of self-assurance and social ease, yet its effect is to remove all social graces and sense of propriety.

. . Causes man to imagine himself to be bright and witty, whereas he is actually silly.

. . Causes man to think he is the best of company because his tongue is loosened, his inhibitions are reduced and because he speaks and acts with less restraint, yet he actually is a social nuisance and a boor.

. . In its first effects makes a person feel intellectually keen, whereas his thinking processes and ability to make value judgments and quick decisions have actually been seriously impaired.

. . Gives man a feeling of heightened perception and creative ability, whereas his mental processes are immediately impaired and the reaction time of his unconscious or involuntary reflexes is lengthened 5 to 10 per cent. (One drink makes a difference of 15 feet in stopping a car going at the rate of 35 miles per hour.)

. . Gives a feeling of well being and courage to face danger but actually lessens one's ability to successfully cope with adversity.

. . Affords a sense of direction to a frustrated person who is undecided and torn between conflicting urges and emotions but the direction is achieved on a plane of lowered standards of morals, ethics and value judgments.

. . Is the only narcotic which can be taken in the form of a beverage. It numbs that portion of the brain which makes one conscious of proper and improper behavior. It appears to help people have a "gay" time when in reality it only permits them to act in a manner they would be ashamed to act if sober.

. . In the beginning has an especial appeal to a person who feels frustrated, inadequate or unsure of himself, but in the end it robs him of all will power to control his drinking or to make any semblance of constructive

adjustment to reality.

. . Is the only drug which can supply the two contradictory motives of exaltation and narcosis. The exaltation motive is an expression of the will to live and to act, while the narcotic motive is an expression of fatigue, a longing to escape from life and an urge for rest. Alcohol can supply both motives in the life of an individual in the course of a few years.

. . Alcohol is a crutch for Lame Ducks, a **Great Deceiver!**

Now if you think for one moment the young people of today will not eagerly listen to and heed that kind of plain, straight-forward talk about beverage alcohol, all you have to-do is try it out. They love it!

Achievement — for a While

There was no such help available to me when I desperately needed it and so my problem grew. I went along attempting to gain achievement through alcoholic phantasy rather than by hard, plodding, constructive work. And strangely enough, because of my native ability and desire to succeed in the world, I did achieve a measure of success in spite of the added handicaps which the drink habit necessarily brought to bear.

But old man Barleycorn, a great deceiver, is also a hard taskmaster. Heavy indulgence over a period of years not only fixed and increased my defects of personality, but it also brought about physical changes which made it increasingly hard for me to consume my usual requirement of alcohol and still carry on my ordinary affairs. My periods of intoxication became more frequent; it became harder for me to sober up. My desire for drink began to pass from the motive of exaltation, which characterized the early stages of the habit, to the narcotic motive—the desire to escape from a reality which had become too unpleasant to bear.

The Final Stage

I had now reached the stage of chronic alcoholism; I was a problem drinker. It took me 20 years of heavy drinking to accomplish it, but finally I had arrived. My physical resistance to the effects of alcohol was entirely

gone. I was no longer able to drink with even a semblance of control. One drink was sufficient to throw me so completely off balance that will power, love of family and self-respect were of no avail in curbing the extent or duration of intoxication. In fact, because of my sensitive nature, considerations of self-respect, love of family and a realization of the mess I had made of my life brought on emotional attitudes of despair, shame and self-pity which heightened my desire to escape completely from reality and to go into deeper and deeper phases of intoxication.

Finally I decided to quit drinking. To my surprise and consternation I found that I was unable to do so. I put forth what I believed to be an honest and sincere effort. The only result was to change my pattern from that of a daily or steady drinker to that of a "binge" or periodic drinker. Recovering from a drunk with full realization of the seriousness of the problem, I would solemnly resolve to never take another drink. I would stay sober for a few weeks . . . then for no understandable reason, I would break over and go on a drunk that would last for days. Then another resolution, another break over. This condition continued for five long years. I was in the hospital for treatment of acute alcoholism 41 times. Once started on a binge by a single drink, I was unable to stop without medical aid.

Progress Through Usual Stages

Now it seems almost unbelievable. There I was in the prime of life, with a devoted wife and wonderful family, nationally known as an able trial lawyer, on the threshold of an outstanding success in my chosen profession, with everything in the world to live for and yet, I was literally drinking myself to death. In retrospect I have thoughtfully and carefully probed for the reasons. I have found only one. I had simply progressed through the usual stages of moderate and controlled drinking until I had become an alcoholic.

Pastor Leads to A.A.

Finally, when I had lost all hope and it appeared certain that I would die a drunkard—and soon—the pastor

of my church heard about Alcoholics Anonymous. He purchased a copy of their book for me, and he was wise enough to get it into my hands without letting me know that it came from him. The great work they are doing to rehabilitate alcoholics, thus, was brought to my attention in my hour of greatest need. I adopted their program as a drowning man would grasp at a straw.

A mere reading of this great book, "Alcoholics Anonymous," brought me the first sensible explanation of what my problem really was; that the drink habit was symptomatic of a deep-seated personality problem; that I was a potential alcoholic before I took my first drink. It lifted from me the burden of shame and feeling of degradation that I was some sort of spineless, moral degenerate. It helped me to understand without any feeling of inferiority or hurt to my self-respect just why drink had been so attractive to me.

I could then look back over that five year period of serious problem drinking when I thought I was trying to quit and see that I had not made an honest effort to do so. Why, that would have meant that I was an alcoholic; as a matter of pride I had not been able to admit that I had sunk so low. I could now see that my desire had not been to quit, but to learn to control my drinking - drink like a gentleman, never get drunk. I now know that my only hope was to reorganize my life on a completely nonalcoholic basis.

The book also brought me a satisfying realization that my problem was not unique or hopeless; that it was of a typical pattern; that thousands of other fine people had been misled and baffled in much the same way.

It made clear to me the urgent need to "get out of the drivers seat" and surrender my life to God. And as you may well imagine the religious phase of their program caused me the greatest difficulty. I approached it with fear and foreboding. My first attempts at prayer brought nothing but a feeling of futility. I prayed for forgiveness earnestly, as never before in my life, but I was in the "dog house" with the God of my childhood so badly that I could not make even a semblance of contact.

I craved and expected some marvelous feeling that my sins were forgiven, but my prayers seemed only to go off into a void. I very nearly threw the whole program overboard. However, I did not want to die a drunkard; my life was completely miserable; I had a feeling that my only hope was the A.A. program—religion and all. So I kept trying. I set aside 15 minutes each morning before breakfast for meditation and prayer. While I was able to stay sober during this period, I was very fearful, and it was over three months before spiritual light came to me and I was able to obtain a workable conception of God.

Searching for a Way Through

In the beginning when I attempted to take step No. 3 of the A. A. program and “turn my will and my life over to the care of God as I understood Him,” I came to the startling realization that I had no mature or adequate conception of God. That it was possible for me to liberalize my childhood religion at first seemed the rankest heresy. But since I was making no progress in recapturing it and since a belief in a “Power greater than myself” seemed all that was required, I continued each day to search for some conception of God and spiritual power consistent with my intellect. As time went on I began to think of God as a spiritual power or presence “in whom we live and move and have our being.” From another source I was urged to cease praying to a “far away” God; that God was near at hand; that the Kingdom of Heaven was within my own heart and soul.

One morning, **after three months of meditation** and soul searching while I was still in confusion, I heard a bird singing outside my window—singing as though his heart would break. As I listened, the thought came to me that the bird was in tune with God! Although having no roof over his head, he was not bothered about the possibility of rain or snow before night. No doubt he was covered with nits and lice and subject to all sorts of bodily discomfort. All of which, however, did not matter at the moment for he was in tune with God and was greeting the new Spring day with a song of cour-

age, and joy and gladness in his heart. "If only I could bring myself to the same mental attitude of that little bird, would I be in tune with God?" I well knew what was meant by God's program of living— a spirit of good will and brotherly love— a genuine desire to be kind and helpful and to make those about me happy. Certainly it would not be that simple, and yet it was worth a try.

"Worth a Try"—It Succeeded

So I left my study and went into the kitchen where my wife was preparing breakfast. I gave her a hug and a kiss and began helping her cook the bacon and set the table. As we worked and talked I noticed certain bird-like tones come into her voice, reminiscent of happier days. With the knowledge that I was bringing joy to my beloved wife, I began to feel happier than I had been in many years.

My two sons, almost of high school age and practically unknown to me, came down for breakfast. I gave them a hug and shoved them about in a playful manner. During the meal, when I began to ask them about their school work, they at first looked at me in amazement. When they finally realized that some change had come over me and that I was really being friendly with them, they responded with friendship. And there in my own family circle, and just because of my changed attitude, I began to have a spiritual existence. Theretofore I had been cross and self-centered; just getting over a drunk or worrying about when I would go on another. Yet in fifteen minutes time while in tune with God, and by living his program, I was able to turn my home circle from something sordid and depressing into a little bit of Heaven here on earth!

As I hurried down the street to catch my train, I chanced to look back and there the wife and boys were waving at me from the bedroom window. That was something which had not happened for a long time and it made me feel mighty good. I praised God as tears came to my eyes. Then and there my experimental faith ripened into genuine and profound belief, and I was able to make the surrender called for in step #3 of the A.A.

program. I "turned my life and my will over to the care of God as I understood Him" and I offered up a prayer for guidance to do his will. There was no question whatever about my prayer being heard and answered—I could feel God's presence as I continued my walk to the station. A heavy load had fallen from my shoulders. I felt like a new person. I began to realize that I had never really lived before.

Fifteen years have passed since that wonderful morning. I have not only been able to let drink alone but my entire life, my personal life, my home life and my business life has been completely changed. It has been the happiest and most constructive period of my entire life. Each day my faith in God and my understanding of his power to remake the lives of men has increased. I have been able to evolve a conception of God and spiritual power consistent with my intellect and the teachings of Jesus Christ.

Naturally my struggle for rehabilitation was not as easy as a mere recital would seem to indicate—in fact, it still continues. Of greatest importance to me was step #12, the last in the A. A. program:

"Having had a spiritual experience as a result of these steps, we tried to carry this message to alcoholics and practice these principles in all our affairs."

Finally, as I was able to take up again my wider responsibility to society in church and civic groups, **separate and apart from the alcoholic fraternity**, I learned that people generally have the same personality faults as the alcoholic. The only difference is they do not have these faults to quite such an exaggerated degree. Selfishness, greed, hate, frustration and insecurity are prevalent the world over. These are the **basic cause of all war, misery and suffering** of untold millions. I have become convinced in the last 15 years that the **illness of the alcoholic is a reflection of the larger illness of a sick world and human society in general**. From my own experience I am satisfied that this old world and every person in it needs a simple faith in God and in the beauty of his works here on earth!

The International Intercollegiate School of Alcohol Studies, Waterloo College, Waterloo, Ontario, Canada, August 23-28, 1958.

The Roberts Editorial Awards of 1958, \$3,000. Theme: "MOTIVATION FOR DRINKING"; open to undergraduate students in Canada and the United States.

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12 North Third St., Room 522, Columbus 15, Ohio

THE
INTERNATIONAL

NOVEMBER

1957

STUDENT

- And Digest of Alcohol Studies

In This Number

College Students write on —

"ALCOHOL AND SAFETY"

The Editorials that won Highest Honors in the
ROBERTS' Series of Journalistic Awards in
1956-57.

Pasadena College, Pasadena, Calif.
Administration Building (See page 39)



democracy
something
per than
erty; it is
sponsibility"

THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

November, 1957

Vol. 55, No. 2

'THE MOTIVES BACK OF ALCOHOLIC DRINK'

The Roberts Awards for 1958
AN OFFER OF \$3,000 TO STUDENTS



Edwin H. Maynard
Chicago, Ill.
Awards Secretary

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THE 1957 EDITORIALS
THAT RECEIVED HIGHEST AWARDS

*"Never let my Drinking
Get that Far"*

The Dangerous Mr. Drinkendriver

Macpherson Eaton, '60

Acadia University
Wolfville, Nova Scotia

MR. DRINKENDRIVER is a rather ordinary North American motorist. He is by European standards well off. He has a high school or college education and a good factory or office job. He owns or rents a comfortable home, not large, but furnished well and containing household appliances unobtainable to much of the world's population. But what makes the rest of the world envy him is his automobile. It is the symbol of his freedom. In it he can travel where or when — pretty well as he pleases. Weekends in the country, a fall hunting trip, the country club, the drive-in-theater; on all these trips he uses his car, averaging 10,000 miles a year.

Now Mr. Drinkendriver considers himself a careful motorist. He knows the more important traffic rules and tries to observe them at all times. Moreover, he has no use for reckless speeders and especially for drunken driving. But when he goes to a party or any social gathering, Mr. Drinkendriver always has a drink or two. He will argue that a glass or two of liquor doesn't affect one's senses in the least. Furthermore, he feels it makes him keener and more alert at the wheel.

However, medical science has proved that in many people, it takes only a small amount of alcohol to impair the motor functions of the brain. Also it is difficult to tell how much or how little alcohol it will take to affect

an individual, as everyone is different.

There is what the psychologists call a state of "sub-intoxication," or psychological inferiority. This is a condition which certain types of drinkers are able to withstand or counteract, but for many more it means that a small amount of alcohol can increase reaction-time and delay the split-second decisions needed for today's fast moving traffic. Thus sub-intoxication has been recognized as one of the most dangerous effects of alcohol—all the more so because a great many people who class themselves as moderate drinkers fail or refuse to recognize the possibility of this condition occurring in themselves.

When Mr. Drinkendriver is presented with these facts he will probably say, "I never let my drinking get that far. I know when to stop." But this attitude is what makes him dangerous. He may think that his mind is perfectly clear and his senses are in order, and at the same time alcohol may be affecting his driving skill without his being conscious of it. If, however, he would consider the traffic hazards he must face in everyday driving, heavily congested traffic, highways crowded with drivers in various stages of experience, he might realize how dangerous is his attitude.

What can be done to make Mr. Drinkendriver realize that his attitude is both dangerous and selfish? The National Safety Council is doing a good work in bringing to the attention of the public, this serious matter of the drinking driver. Throughout this year of 1957, the Council is sponsoring a drive for safety on the highways with the slogan of "Back the Attack on Traffic Accidents." There are also the chemical tests which are coming into wider use. These test have a two-fold purpose. They prove the amount of alcohol in the driver's system, or whether he is suffering from some other condition resembling alcoholic intoxication.

Campaigns for highway safety and chemical tests are most desirable. But stricter laws are also needed if any
(Continued on page 57)

*Danger in a
Few Drinks?*

Alcohol And Safety

By William D. Gaddy, '58

Louisiana Polytechnic
Institute, Ruston

THE POLICEMAN had shrieked the siren and made Bobby Grisby bring his father's long, black Oldsmobile to a halt. Bobby did not know exactly how to act as the officer jumped off the motorcycle and swaggered his way. He wondered if it would be in his best interest to be arrogant—his father had always acted arrogantly to policemen—or to be polite and emit that “hurt puppy” appearance he had learned to give in uncomfortable situations. The policeman was big and cocksure. Bobby chose the latter method.

Then came the old familiar police jargon. “Okay Bud! Can't you see? You ran two stop signs back there!”

“Damn cop,” Bobby said to himself.

“I'm sorry, sir. I really don't know how I did a thing like that. I always stop at stop signs,” Bobby said, “hurt puppying” with all the anguish he could muster.

The policeman scratched his chin. “Driver's license, Buddy?”

“Right here, sir.” Bobby fumbled for the wallet in his left back pocket. “Right here.”

The policeman looked at the license and then looked back at Bobby. “M-m-m-m, only eighteen years old?”

“Yes, sir. I graduate this June from El Dorado High School.”

The policeman rested his arms on the door and sniffed the air suspiciously. Bobby's heart seemed to stop for a second. “You been drinking, Buddy?” John Law walked around the front of Bobby's car, opened the door, and sat down inside the car. He did not shut the door. “Kid, if you were two or three years older I'd run you in for drunken driving, but I'm goin' to talk to you man to man. Okay?” The cop smiled.

"Okay." Bobby did not understand the policeman's tactics, and so he would wait and see what was coming off.

"Your name is Bobby isn't it?"

"Yes."

"Bobby, do you like to live?"

"Of course I do."

"Let me tell you, Bobby, you were flirting with death when you took the steering wheel after Lord knows how many drinks."

"Only a few, sir."

"Mister, it takes only a few drinks to make you, or much worse, someone else quite dead." The policeman had almost lost his composure; he sensed his loss of temper and quickly calmed. "Bobby, let me tell you a few facts about that liquid you put into your blood stream tonight. Earlier tonight as you drank you probably rationalized your drinking by telling yourself that you are different from everyone else in that you can drink and drive carefully. Bobby, my boy, no person on the face of the earth can take two drinks and go directly to his car and be as efficient a driver as he was before he imbibed. After two drinks of liquor, a person should wait three hours before driving, because the average person oxidizes and eliminates one-third of an ounce of pure alcohol per hour. The efficacy of alcohol he takes depends upon the amount he gets in his blood.

"Okay, Bobby, let's assume that a boy your age didn't listen to what a 'nosey cop' said and went ahead and drank and drove. He could very easily become a statistical figure on the grim roll of accidents, injuries, and deaths. Out of every hundred fatal accidents that occur on our streets and highways, twenty-three are caused by people who have taken liquor into their bodies—that is nearly one-fourth! The dead are lucky in a way, in that they don't have to suffer like the thousands who have to continue through life crippled or heartbroken."

A scowl appeared on Bobby's face. "I read somewhere that you couldn't possibly get drunk on beer—some

(Continued on page 58)

ROBERTS EDITORIAL AWARDS

Of 1956-57

Theme: "ALCOHOL AND SAFETY"



John M. Wise



Kenneth G. Kalb

FIRST HONORS—\$200

John M. Wise, Bell Gardens, Calif.; Pasadena College, Calif., '57.

SECOND HONORS—\$150

Kenneth G. Kalb, Columbia, Mo.; University of Missouri, '59.

THIRD HONORS—\$50

William D. Gaddy, El Dorado, Ark.; Louisiana Polytechnic Ins., '58.

Betty Ann Hendrickson, St. Paul, Minn.; Bethel College, Minn., '59.

FOURTH HONORS—\$25 each

Astrid Barbins, East Cleveland, Ohio; Bethel College, Minn., '59.

Peter A. Hesterberg, Gifford, Ill.; Wartburg College, Iowa, '57.

FIFTH HONORS—\$20 each

William A. Mancuso, Bossier City, La.; Polytechnic Institute, '58.

Gary Bruening, Wilsonville, Nebr.; Nebr. Wesleyan University, '60.

Summer Walter, Jr., Jackson, Miss.; Millsaps College, Miss., '57.

Allen Brown, Baton Rouge, La.; Louisiana Polytechnic Institute, '59.

Marjorie Ellen Peterson, Marinette, Wisc.; Bethel College, Minn., '57.

Patricia Ann Collin, Flushing, N.Y.; College of St. Mary of the Springs, Ohio, '59.

SIXTH HONORS—\$10 each

Albert Burry, Corner Brook, Newfoundland; Acadia University, Nova Scotia, '60.

Macpherson Eaton, Wolfville, Nova Scotia; Acadia Univ., N. S., '60.

Carriren Anne Fraser, Wolfville, N.S.; Acadia University, N.S., '60.

Harold T. Duguid, Chicago, Ill.; Cornell College, Ia., '59.

Janet Louise Freed, Madison, Wisc.; Luther College, Iowa, '57.

In addition each of the fifty finalists received a scholarship award to the Intercollegiate School of Alcohol Studies of 1957.

William K. Askwig, Billings, Mont.; East Mont. College of Education, '59.

Esther Tuggy, Pasadena, Calif.; Wheaton College, Ill., '57.

Owen P. Hansen, Ogden, Utah; University of Utah, '58.

Ervin Kent Hale, Miles City, Mont.; State College of Education, '59.

Donna Mae Pechous, Tabor, S.D.; Southern State Teachers College, S.D., '57.

Donald E. Lewis, Akron, Ohio; Pasadena College, Calif., '57.

Dean Spain, Milan, Tenn.; Lambuth College, Jackson, Tenn., '60.

Marilyn Wood, Tupelo, Miss.; Millsaps College, Jackson, Miss., '57.

G. Harold Fleming, Puckett, Miss.; Millsaps College, Miss., '57.

Robert Matthias, Muscatine, Iowa; Wartburg College, Waverly, Ia., '57.

Martha Sara—Lou Daughtrey, Daisy, Tenn.; University of Chattanooga, '60.

Ella Acker, New Braunfels, Tex.; Tex., S.W. State Teachers College, '59.

David Eugene Power, Chattanooga, Tenn.; University of Chattanooga, '59.

Jeanne Cecilia Camden, Yakima, Wash.; Marylhurst College, Wash., '60.

Madeleine Hendrixson, Indianapolis, Ind.; Hanover College, Ind., '60.

Elizabeth Jane Yorke, Wheaton, Ill.; Wheaton College, Ill., '57.

Deanna Dahlsn, Syracuse, N.Y.; Syracuse University, '57.

Barbara Jo Goodnight, Morgantown, N.C.; Mars Hill College, N.C., '58.

Kay Frances Breitenbach, Morgantown, N.C.; Mars Hill College, N.C., '58.

James W. Jones, Mentor, Ohio; Taylor University, Upland, Ind., '59.

Clifford Parker, North Clinton, Ia.; Cornell College, Ia., '59.

Marlin Steele, Eldridge, Ia.; Cornell College, Ia., '59.

Geneva Baldwin, Pittsboro, N.C.; Bennett College, Greensboro, N.C., '58.

Sue Lipe, Landis, N.C.; Lenoir Rhyne College, Hickory, N.C., '59.

Carol Eileen Johns, Detroit, Mich.; Pasadena College, Calif., '58.

Janson Skibbe, Minneapolis, Minn.; Wartburg College, Ia., '60.

Leigh B. Shearer, Middletown, Conn.; Teachers College of Conn., '60.

Thomas Charles Garrity, Kansas City, Mo.; University of Mo., '59.

Marilyn Hostetler, Goshen, Ind.; Goshen College, '60.

Mary Lou Riggle, Williamsburg, Ind.; Taylor University, Ind., '60.

Mack Maffett, Middletown, Ohio; Muskingum College, Ohio, '58.

Charles G. Henegen, Wahoo, Nebr.; Nebr. Wesleyan University, Nebr., '60.

Keith Kilborn, Stanford, Conn.; Teachers College of Conn., '59.

JUDGES

Dr. Virgil G. Hinshaw, Jr.,

Professor of Philosophy, Ohio State University, Columbus 10, Ohio

And a committee of three experts of the

Intercollegiate Association for Study of the Alcohol Problem.

*Ordinary Drinker
and Public Safety*

"But I'm Not An Alcoholic"

By John M. Wise, '57

Pasadena College
Pasadena, Calif.

YOUR NAME is Joe Citizen.
You want to drink.

You are one of the sixty-five million Americans who consider it your social heritage and responsibility to indulge in alcoholic beverage. "And why not?", you say. You vote and pay taxes. You belong to the right club and you live in a respectable neighborhood. You mind your own business, live your own life, and expect others to do the same. So why should I care?

I'll tell you, Joe. You see, you're not altogether right in your beliefs. You don't live separated from the rest of humanity like an island. You're right in the middle of the stream. You live in a complex, industrial society in which what you do rubs off on at least three other people. You live in a vast jungle of intertwining contacts and meshed relationships called a city. And that city is also my city. You see Joe, I'm part of that stream.

Why do I care if you drink, Joe? I'll tell you. I care because that respectable neighborhood you live in is my neighborhood, our children play in the same asphalt streets, our cars take the same route to work. I care because we work at the same job, rub shoulders at the same greasy lunch-stand, and we try to make it safely home after a hard day's labor. You see, Joe, whether you like it or not, you're part of me, and I'm part of you.

"But," you say "I'm not an alcoholic, and I don't intend to be one of the four million shiftless bums that are categorized as problem drinkers. Sure I drink, but only a couple of beers after work, or one or two drinks with the boys, or a social 'loosener' at an office party. Nothing bad . . ."

O.K., Joe, so you're not a bleary-eyed sot warming Sterno in an alley. So you're not a wino sleeping one off in a lot, with the silver trail of snails criss-crossed over your dirty, smelly frame, and an empty bottle of booze sitting complacently by your continually shaking hands. You're a nice guy, a laugh at the parties, a good family man, a "man of distinction" if you please. But do me a favor, Joe. Let's follow your social drinker on his way home.

A turn of the key and his car roars into life. He edges into the traffic with a warm sense of well-being. A step on the accelerator makes him all powerful and he becomes impatient with anything that balks or hinders him. He forgets his blurred vision, slowing coordination, and dulling intellect. Gone are tensions of the day and in their place comes the pseudo self-assurance of the subintoxicant. He is not conspicuous or noticeably drunk. Yet his self-control has been depressed to the point where he takes long chances, and is confused at sudden changes in lights and movements. To satisfy the imagination of a greater self-conceit, normal caution is set aside, and the man "on top of the world" drives much faster than he thinks. Let's look at the consequence— one-fourth of all fatal crashes are attributable to drinking and driving.

Perhaps he makes it home, or then, again, perhaps he becomes just another statistic. Why should I care? Because we drive those same streets, stop at those same lights, and watch out for the same kids. Why should I care? Because costly machinery, let alone human life, is too valuable to be placed at the mercy of minds befuddled with intoxicants. Why should I care? Because, you see, Joe, I've got a funny idea about people. I believe you are part of my world and part of me. And you say, "You believe in this brother's keeper stuff?" No, Joe, I'm not my brother's keeper, I am my brother's brother.

Your name is Joe Citizen.

You want to drink.

This is why I care.

*"We Stand Around—
Do Nothing"*

The Price Of Apathy

By Kenneth G. Kalb, '59

University of
Missouri, Columbia

IN LIVES, in dollars, in uncountable ways we are paying dearly for watching our progress in goods surpass our progress in thought. Fast cars and high-speed machines are popular marks of our technical advance — an advance that has formed in its wake the sinister mixture of convenience and confusion. In fact, life has become so convenient, gadgetwise, that confusion about life's essentials is common. Yet this confusion is only the beginning.

The most frequent and most futile escape from this confusion has been alcohol. Alcohol is singularly treacherous because it is actually an escape from responsibility and a promoter of confusion. The dangers of irresponsibility in an age of fast cars and high-speed machines are obvious. Out of this swirling caldron of speed, confusion and alcohol has risen the most titanic safety problem of all time.

A limited, but energetic, force of public safety experts devotes endless effort to curtail this growing malady. They use every means and every medium to sharpen public awareness. They have made the size and severity of the matter as apparent as possible. Yet the caldron still swirls and this deadly mist keeps rising.

Why? Why does this obvious evil go unabated?

The closest, single answer is apathy . . . simple, sluggish indifference.

We cannot say exactly what kind of confusion propels any given person to alcohol, but we do know that his sense of general responsibility is lessened by it. This dangerous effect usually occurs in the presence of apathetic onlookers — onlookers who very wrongly think they can afford to be apathetic.

In California recently a city patrolman allowed an

intoxicated man to drive away from a bar. Within minutes the man caused a wreck in which he and two others were killed. The legal claims against the patrolman and the police are set at \$600,000.

However uncommon this case may seem, it still marks a prevalent trend in apathy — a trend extending from high public officials down through bartenders and the man in the street. Drinkers, like germ carriers, are unwittingly a menace to innocent bystanders as well as to themselves. This doesn't mean they should all be flatly arrested, but they should be kept from endangering public safety by anyone and everyone who can stop them in time. Surely we can't expect drinkers to stop themselves.

Even when we approach the problem in a broader way, the obstacle is still apathy. Surely we should teach a strict value code about alcohol, safety and related problems to young minds still in the formative stage. An informed youth is the longest stride toward solving any social riddle. Yet parents, schools and churches apathetically "pass the buck" in circular style, leaving young people to pick their own code of values out of the rubbish of adult foolishness.

Another gloomy feature of this matter is driving and drinking by minors. Although the finger may be pointed at lax law enforcement, or greedy liquor venders or anyone else available, no one has ever offered one decently credible reason for letting minors have alcohol. Since there doesn't seem to be a motive, this costly negligence must also slide on the oil of indifference.

Meanwhile the caldron still swirls. The mist of evil still rises; and it will continue to rise as long as we stand around and do nothing more than hope it strikes the other person. The role of the indifferent onlooker may seem sophisticated, but we pay for it everyday in lives, in dollars, in uncountable ways.

When an educator, or a policeman or anyone shrugs indifferently and says, "Why should I bother about alcohol and safety? What's in it for me?"

The answer may well be: "Your neck."

"No drunk but —"

Alcohol and Safety

By Patricia Ann Collin, '59

College of St. Mary of
the Springs, Columbus, Ohio

A MURKY MIST clung filament-like to the harsh aglaring lobe of the street light which focused like a spotlight on the grim scene being enacted on the street below. Incited by a morbid curiosity, an audience of spectators crowded about the scene of the accident. A white-coated ambulance doctor worked in feverish intensity over a young boy who had just been unpinned from behind the wheel of his demolished car. Meanwhile Fred Cramwell, the driver who caused the disaster, crouched low into the seat of his car, his head bowed forward, his shoulders sagging and his hands clasped in token of prayer.

"Please!" . . . "He can't die!" . . . "Not on my account!" "Please!" . . . "God!"

The grave doctor rose deliberately from the form outstretched on the wet pavement. He muttered bitterly, "He's dead." Cramwell reeled under the impact of the shock. His thoughts collided and clotted in his whirling brain: "Dead . . . Have a nightcap, Frank . . . Dead . . . C'mon, one for the road . . . Dead . . . Frank, one more . . . DEAD!"

Minutes sufficed to rob a man of a priceless possession, that of life; minutes also altered the course of another's life—Frank Cramwell would be haunted by the specter of guilt until his own death.

Events identical to the one just described occur with alarming frequency in our society. One authority finds that one-fourth of all highway accidents may be directly attributed to "drunken driving." Still Cramwell was not "drunk" according to the popular connotation of the word; that is, he was not bereft of reason. He had merely had a few drinks and did not deem himself unfit for driving.

How much is too much when one is driving? How long should one wait before attempting to drive after drinking? How does alcohol affect one, and why does it affect one differently at different times? Is driving unsafe after light social drinking, and if so, why so? If the toll of deaths due to automobile accidents is to decrease it is expedient that the above questions be answered efficiently and that the solution drawn from them be subject to widespread promulgation.

One cannot state positively that one or two drinks will present no danger where driving is concerned. The stomach and the intestines rapidly absorb alcohol, and the blood effects its distribution throughout the body, especially to the brain. The powers of the intellect for speed, discrimination, and accuracy as well as bodily powers of coordination and control are always impaired or their effectiveness diminished as a result of alcohol. The response to the initial question, then, seems to indicate that total abstinence is most prudent where a situation involving driving is concerned.

Another expert tells us that for every two drinks one should wait at least three hours before getting into a car. In the world of today which constantly bustles with activities and appointments people generally do not have time to spare the necessary three hours for the unnecessary two drinks.

The diversity of effects produced by alcohol depends entirely upon a variety of circumstances. These include the amount of alcohol accumulated in the system, the percentage of alcohol present in the drink, the quantity of food in the stomach, the capacity for drink of the drinker, the rapidity with which the alcohol is consumed, and the amount drunk. It is highly improbable that one person will be aware of all these factors as he sits down to do some "social drinking." It should be indeed an act of necessary foresight for any such individual to arrange matters of transportation with a non-drinker.

In answer to the final question posed, we find that driving is definitely unsafe after any drinking. We are informed "... that the driver with a blood concentration

of 0.15% or more of alcohol is fifty-five times as liable to personal injury accident as one without alcohol."

The most intelligent approach to social drinking, then, is to refrain from **all** driving while drinking, or if such is not possible, then to make it absolute law to refrain from **all** drinking while driving.

*The Daily Highway
Story*

Legal Murder

Harold T. Duguid, '59

Cornell College
Mt. Vernon, Iowa

IF I WERE a scientist and discovered a drug to cure cancer or polio and save a thousand lives a year, I would probably get the Nobel Prize. Yet, right now, I or anybody else who has made a study of it, can tell you how to eliminate about ten thousand deaths a year. How, you ask? Eliminate the drinking driver.

Surely, a murderer or a burglar or kidnapper, caught in the act of a crime, would be certain to be arrested, convicted and imprisoned. But not the drunk driver. Nowhere in the United States is there a one hundred percent effective combination of law enforcement, and punishment for the person driving under the influence of alcohol.

Here are a few facts concerning highway accidents that were prepared by an inspector of a metropolitan police department.

Out of a total of one hundred and fourteen fatal accidents, in various cities he visited, fifty-seven drivers were reported to be under the influence of alcohol. Of the forty-seven who survived only fifteen were ever actually charged with drunk driving. And of 1,724 drivers involved in accidents causing injury but not death, and who were said to be, by the investigating officers, under the influence of alcohol, only eight hundred and sixty-four—about half—were charged with it.

Of those who were charged, some never went to court. In some cities many of the drivers brought to trial were found not guilty, particularly if tried by jury. Of these sentence was imposed, it was usually suspended. Fines were as low as one dollar and as high as five hundred. In Chicago not long ago a man driving his car while under the influence of alcohol, ran his car up on a sidewalk and crushed the life out of a little ten-year-old girl coming home from school. He was fined seven dollars.

In another accident not long ago, on one of Iowa's highways, a happy little family—father, mother and two small children—were out driving to their favorite picnic site on a Saturday afternoon. A shout, a scream, the fiery crash of steel and then silence. The pretty young mother awoke in a hospital to find that in one split second she had lost her entire family. All those years of courtship and marrying, of carrying and bearing of two children—everything those years had produced was demolished by one drunk driver.

That's not the end of the story, though. The drunk driver was brought to trial and convicted. His punishment? A suspended jail sentence, loss of his driver's license, and a one-hundred dollar fine. That's thirty-three dollars and thirty-three cents a life. That's also murder.

Isn't the sodden character who creeps along hugging the side of the road who kills people. No, it is the guy who has had just enough to get a little bit reckless who is the real menace today. He is the guy who believes a few drinks sharpen up his reflexes, and make him a better driver. The truth of it is that alcohol is not a stimulant but a depressant.

However, there is hope for the future. Everyday, more and more people are finding out how dangerous the drinking driver really is. We need a mandatory chemical test throughout the nation, not only to prosecute the drunk driver, but to make those people, who have been drinking, think twice before getting behind the wheel of their car. Until we do get these laws to dis-

courage the drinking driver, there is something every one of us can do to save our own lives plus the lives of our loved ones, our friends and our fellow citizens. If you must drink, don't drive!

*Cooperate to
Assure Safety*

Sounds, Safety And Sorrow

By Owen P. Hansen, '58

University of Utah,
Salt Lake City

AMERICA, the land of complex sounds! From New York City's rattling, tattering, jack-hammers, and fluttering theater marquees to an endless parade of roaring California vehicles, the nation emits its mechanical belches.

A constant southwestern clamour of ever-spinning oil drills and the north American whine of rusty farm implements, signal an age of synchronized steel parts, harnessed for production.

Yet every day, nay every hour, or minute, some sound in America's din of diverse machinery is interrupted. These interruptions take the form of human shrieks when flesh or bone have meshed with steel—these are the accidents.

Accidents, too, have tones that often result from sounds. Of industrial mishaps, 40 per cent originate either directly or indirectly after the bubbling of a champagne glass, the opening of a beer bottle, or the popping of a cork from a liquor bottle.

This is not to say that 40 per cent of all industrial accidents involve drunks. Rather, it does mean this per cent of accidents was due to traceable "morning after" effects from drinking, impaired coordination from so-called moderate immediate drinking, or from outright alcoholism.

Too often it is not the fault of the injured person that the accident occurred. Frequently workers are injured,

or killed simply because fellow workers have failed to remain alert and sober.

Other all-too-common sounds throughout our nation are echoed constantly on our roads and highways. The closing of a cabaret or bar-room door, followed by an incoherent voice, or voices in song as the automobile's powerful engine starts up.

Minutes later the screeching of brakes and the clawing of rubber tread on asphalt can be heard. Then a grinding, twisting, steel frame thunderously colliding, before a mass of molten wreckage come inertly to rest beneath a trickle of smoke.

These sounds are not pleasant.

In a day when industrial production has become so exact and speed is deemed a mechanical necessity, workmen, drivers, and persons in all walks of life must become aware of the dangers liquor can hold—dangers, not only for themselves, but for the host of persons that must commute, work, and live next to them.

An average of 38,000 persons have been lost in accidents each year since World War II. There were 8,534 American boys killed each year in the Korean war. If 38,000 had been killed each year in that war, we would have impeached the President and stormed on Washington a million strong.

Luckily none of "us" is to blame. The sound of just one bottle of beer being opened before driving home, the mix of one small cocktail before the theater, or the effervescence of one slight eye-opener in the morning will hurt no one. We, you and I, "know when to stop before it's too late." These words are the same as some 46,000 other persons possibly said before they met their deaths on U. S. highways during 1956.

We are not living in an agricultural age where our neighbors are miles away and our heaviest equipment is a cream separator in the basement. Today every one of us has access to potential tools of destruction, either when we drive, at our jobs, or in our everyday living. Each of us is our "brother's keeper." We must therefore maintain a cooperative agreement for safeguarding

each other's property and person.

Statistics on a piece of paper will curb these death figures very little. The destructive sounds will continue to exist. The din and roar of broken bones, shattered equipment, and begrieved homes will continue so long as America remains deaf to the loud laughter of deadly drinking.

Let holiday spirits be with us—not in us!

Sounds, safety or sorrow . . . America, which will it be?

*"What Links Alcohol
With Safety?"*

But I'm No Alcoholic!

By Paul A. Hesterberg, '57

Wartburg College
Waverly, Iowa

ALCOHOL IS EVERYBODY'S problem!" This is like another often-used slogan, "Freedom is everybody's job!" These statements have in common the fact that they're more often needed than heeded!

The alcohol problem does not concern only the four million alcoholics in the United States. It does not concern only the additional three million who are problem drinkers—nor does it concern only their families. It concerns every one of the more than 160,000,000 Americans who are forced by circumstances to try to live safely together.

Statistics usually help to dramatize the seriousness of a problem. They show that alcoholism is the nation's fourth largest health problem. Addictive drinking caused the deaths of over twelve thousand a year. One out of every ten law violators in 1954 was under the influence of alcohol—according to the records. But records fail to show the even larger percentage of law-breakers who did not get caught. Laws are constructed to provide maximum safety for the largest number of people. When laws are broken, safety rules are broken. Speeding in an automobile increases chances for mis-

haps. A study in Boston of 193 consecutive accidents shows that one-third to one-half of all the accidental fatalities were due to excessive liquor. A study in Evanston shows that an individual with a blood alcohol level of 0.14% is fifty-five times as prone to be involved in a personal injury auto accident as a sober individual of the same population group.

Need one ask, "What links alcohol and safety?" Humans have advanced to the point where they are living a high-speed, mechanized existence. "Brain" work has in most areas taken the place of pure "muscle" work. Powerful, complex, high-speed tractors have replaced much of the drudgery of farm labor. Ten-ton trucks now haul products to market at rates of speed ten times as fast as the horse-drawn wagon. The factory worker travels to work every day in a machine that travels a mile a minute. When he gets to the factory he is put to work at a machine which does the work of twenty men. He must observe the safety rules for operating it—often simple ones, but nevertheless as important as life itself. He must look out for his own safety as well as that of others. For the safe operation of these machines, man must make many split-second decisions and operate many delicate instruments. And tests show that as few as three bottles of beer can affect mechanical ability of the body to respond to nerve impulses.

Look at the properties of alcohol. It is an anesthetic (causes unconsciousness), an analgesic (causes insensibility to pain), a narcotic (induces sleep or stupor), a habit-forming, addiction-producing drug, and a poison (five drops of alcohol to one thousand drops of blood will cause death). Is such a substance helpful to people who drive? Or to people who handle any kind of machine?

Dr. Charles Mayo, of the famed Rochester Clinic, sums up the attitude toward alcohol as an anesthetic by saying, "You can get along with a wooden leg, but you can't get along with a wooden head!" As an analgesic, alcohol robs the person of his natural protection from injury by deadening the pain nerves which warn of real

danger. And in a general way, alcohol removes normal inhibitions, making people take chances, even dangerous ones, which they would not ordinarily make.

But there remains much to be changed before anything real may be done. In the State Liquor Books issued by one state is found the inscription, "If you drink, don't drive; if you drive, don't drink." But the public's principles, sad to say, are far below this. In one small town, the city police had been parking near a beer establishment, not to watch for drinking drivers, but with the intention of watching for traffic violators of the red light on the corner. They were courteously but firmly informed by the city councilmen that they were no longer to be seen in the vicinity of this establishment—"looks like you're watching for drunken drivers."

When public indignation is aroused through the true knowledge of alcohol's degrading influence, we shall be able to drive down the road on Saturday nights, confident that we won't meet wildly careening cars manned by temporarily insane drivers. Then we shall be able to work for better safety records on the road, in industry, and in the home.

*The Driver Alone?
Or Who?*

Who Killed Ned Smith?

By Betty Anne Hendrickson, '59

Bethel College
St. Paul, Minn.

AS I DRANK my second cup of coffee this morning I leisurely glanced over the front page of the morning paper. I saw a face that looked familiar. I looked at it again and then quickly at the story under that picture. "Athlete Killed in Two-Car Crash" the headline announced, and then there was the name, "Ned Smith."

I looked at the picture again. Though not clear it was unmistakably Helen's son. Just yesterday she had called me. I thought of the pride in her voice as she told me

how Ned had been made captain of his basketball team. She had told me his plans for college next year and distant dreams concerning Sheila, the pretty girl who lived next door.

I read the rest of the news story. It was the usual accident involving high speed on a sharp curve. There was no question of the cause of the collision. The driver of the other car was tagged for driving on the wrong side of the road. At the bottom of the column was a line stating he had been found to be under the influence of alcohol.

Ned Smith was dead. In anger I placed all the blame on the driver who dared to take an extra drink and then get into his car with not quite his normal ability to make a quick decision or make his muscles react according to that decision. He dared to combine these deficiencies and his lessened visual acuity with a tremendous sense of power and well-being. He didn't feel confined to the laws of the highway anymore.

Then I got to thinking about the proprietor of the municipal liquor store who makes a good living selling liquor to men like the driver who killed Ned Smith. I blamed him, too. And I blamed the city which gains much of its income from the liquor store. I also blamed those who use their abilities for operating the brewery.

I wonder who really killed Ned Smith. Could the magazines which display the liquor ads have a part in his death? Could the television comedian who makes subtle jokes favoring the liquor industry and the people who laugh be a little responsible? Could the mother who sips a cocktail at a bridge party implying that this is part of the truly cultured life have a share in Ned's death? Could the minister who ignores the liquor problem because some of his salary is paid by the tavern keeper be at fault? Could some blame be placed on the schools which fail to present the facts about alcohol?

And what about me? of course, I don't drink. Neither have I tried to do anything to influence anyone against drinking. When I see Helen tomorrow it will be hard to think of something to say.

*In Road Traffic,
Industry, Air Travel*

Alcohol and Safety

By Sumner Walter, Jr., '57

Millsaps College,
Jackson, Miss.

THIS PAPER is a brief resume of the provocative drama, **Alcohol and Safety** by American Society.

The cast includes members of the American public and a commentator, Mr. Alcohol Education. The characters are lifelike, the story is real and the facts are objective.

At the opening of the curtain, Mr. Alcohol Education is the sole character on the dimly lighted stage. He is in a position similar to "The Thinker." Momentarily, he speaks: "How, oh, how can the American public become better educated concerning alcohol and safety? **How can the masses of people be reached? Practically every medium of communication is being utilized. Agencies are being formed. Chemical tests are now used in court. Strict laws are being passed. Yet, one of four of all fatal automobile crashes in this society is accredited to 'drinking and driving'.**"

In a flashback scene, John Public, a drinking driver, weaves in and out of a long line of traffic. "Elimination of drinking and driving," says Mr. Alcohol Education, "would reduce the number of both injury and fatal accidents by about 213,000 per year. Nearly 10,000 lives would be saved and approximately 203,000 personal injuries would be prevented."

As John Public attempts to pass an automobile, on a yellow line, he has a head-on collision with an approaching vehicle. "Almost 40,000 people are killed and one million persons injured annually in traffic accidents," says Mr. Alcohol Education.

Most drinking drivers feel that a couple of drinks will calm their nerves and relieve tensions. Along with this pseudo-calmness, Mr. Alcohol Education points out that small quantities of alcoholic beverages tend to dis-

turb co-ordination, impair judgment, interfere with reason, and slow reaction time. In short, the drinking driver is the symbol of chance and risk. "Drive carefully," says Mr. Alcohol Education, the life you save may be your own, or more important, it may be somebody else's."

The scene is then changed to a large industry where a group of employees are laboring. Mr. Alcohol Education comments on the setting, by saying, "Educational and counseling programs using scientific information are being promoted by industry in an attempt to prevent accidents. Skills in speed, timing, and co-ordination are required to operate modern high-powered machines. Yet, alcohol cost sixty million man hours and over a billion dollars in industry this past year. Industrial workers must be educated concerning the dulling affect of alcohol on the brain. Important men and machines must be saved."

The characters in the third scene are aboard a commercial airliner. The passengers are delighted with the smooth ride and the beautiful scenery. "Have a drink, enjoy yourself," says a man to his fellow passenger. Because of social compulsion and the fear of embarrassment the stranger accepts the offer. The conversation continues in a rather gay vein. As the plane prepares to land, Mr. Alcohol Education interrupts by saying, "Attention all passengers, fasten your safety belts, please, by discarding your 'drinking belts.' This company is not responsible for your safety after we land." Although Mr. Alcohol Education looks discouraged, he says nothing more.

Since this play is neither a complete comedy nor tragedy, Mr. Alcohol Education tells of the growing interest in safety. Progress is being made in alcohol and safety education. Industry is keenly aware of the existing problem and is stimulating interest in a "preventive program." Five Congressmen have introduced measures which would prevent the service or consumption of alcoholic beverages aboard commercial aircraft. A bill to prohibit the interstate transportation of alcoholic beverage advertising has been reintroduced. Ed-

ucation through the medium of mass communication is assisting this program.

"But how," says Mr. Alcohol Education, "how can this program become more effective? Man must develop within himself a deeper sense of discipline and dependability. Please join me in searching for the possible solution." As the curtain closes, the commentator invites the audience to "Help yourself . . . help alcohol education."

This play has ended but the portrayal of life continues. Mr. Alcohol Education continually reminds the audience of the proper perspective between alcohol and safety. He feels that "Safety is everybody's business."

DANGEROUS MR. DRINKENDRIVER

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impression is to be made on those who insist on drinking and driving. To this end, some state legislatures are working on laws which would make taverns and other outlets share financial responsibility in accidents resulting from liquor sold to drivers in their establishments.

Programs of education at the high school and university level can do much to impress young drivers with the folly and danger of driving and consuming even small amounts of alcohol.

Likewise, propaganda on radio and television, and in newspapers and magazines, offers an effective medium to acquaint the general public with the seriousness of drinking and driving.

Today the United States and Canada have over 80 million licensed drivers, and over 60 million registered vehicles. Traffic is becoming more and more congested, emphasizing the need for clear heads and good judgment. Strict liquor laws and temperance education will help. But better still is a driver capable of making quick decisions regardless of the situation. Thus the best advice is still: "If you drink, don't drive; and if you drive, don't drink."

ALCOHOL AND SAFETY

(Continued from page 38)

famous doctor said that. He ran a bunch of tests and proved it."

"Ah, yes, Bobby, Dr. Leon A. Greenberg did state that. He said the alcohol content is so low, and the quantity required to produce intoxication is very great. Therefore, it is not an intoxicating beverage. But Bobby, even if the man is right (a lot of doctors say he's wrong), but if he *is*, it still doesn't mean you can drink a lot of beer and drive safely. The fact that beer has alcohol in it is enough basis to say that it is bad for drivers. You see, Bobby, you don't have to be intoxicated to be dangerous behind a wheel. It takes only a very small amount of alcohol to affect your reaction time—the time it might take to put on the brakes and save your own or someone else's life."

"Remember now, when I talk about liquor, I'm including beer."

"Yes, sir."

"Bobby, while drinking, a person's state of mind and nerves may develop in such a way as to make the drinker 'accident prone.' His capacity to judge accurately, to act quickly, to act intelligently, to be concerned about the consequences all are reduced in effectiveness or seriously disturbed."

"Mr. Policeman, I have to get home or my folks will be worried about me. I do appreciate what you have told me. I guess I really didn't know what I was doing."

"Okay, Bobby. I hope what I told you does you some good. You see, I have a boy your age at home myself, and believe me, he's heard this talk many more times than you."

The policeman got out of the car, walked around the front, and signaled Bobby Grisby on. Bobby's car sped on into the night to join other speeding automobiles driven by drinkers and non-drinkers. The cop watched and could not help thinking of his son, who was at a party tonight also.

*"Just Look at
the Record"*

Industrial Alcoholism

By William J. Askwig, '59

Montana College of
Education, Billings

MUCH MORE IS INVOLVED in good business than just solving financial problems. Alcoholism involves industry in much more than just a financial problem. Alcoholism in industry is responsible for inferior service, inefficient work, possible produce failure, and it is definitely a safety hazard.

Strong drink was one of man's first chemical discoveries and like so many of today's scientific achievements, in the hands of some people, it quickly gets out of hand. Whatever its effect on history and on individuals the malady has gone underground for centuries as far as public attention is concerned, along with such subjects as smallpox, tuberculosis, diabetes, and the venereal diseases. All these have been brought under control only since public attention has been focused upon their treatment.

It is estimated that problem drinkers are increasing at the rate of nearly 250,000 each year; and that there are now some four million, and of these four million there are over two million in industry. For these two million problem drinkers in industry, the average loss of time from work in a year because of drinking alcohol is about twenty-two days or 173 hours per man, at a minimum unhidden cost of about \$357 per man. From this you can easily compute the tremendous basic cost: 346 million man hours a year — at lease \$714 million in terms of payrolls, and this is only a first and tangible cost of alcoholism to industry..

In addition, alcoholics seem to be in trouble everywhere. They have family problems and company trouble. They are a hazard when driving or working with moving machinery. It is dangerous for them to work in high places, or to work with electricity and chemicals.

One of the first steps in industrial safety must be that of recognizing and bringing alcoholism into the open. This is not an easy task. The so-called "cover up" is the reason plants believe they have no alcohol problems. It's the reason pre-alcoholics, generally thought to be social drinkers by most of management, turn up as 24-karat tosspots when they are about forty.

Everybody covers up for the big drinker. His wife reports him "sick with a cold." His doctor, observing professional ethics, keeps it under his hat. The fellow at the next machine doesn't say a word, even "carries" him on his bad days. The supervisor, who knows he really "puts out", except for perhaps thirty or forty days a year or except for a little accident not important enough to report, just lets things ride until they eventually lead to something serious. All of these loyalties and combinations to outwit management do a very efficient job of keeping the alcoholic or incipient alcoholic in disguise.

By the time a man is flagrantly alcoholic enough to be discovered and fired, he is usually a veteran employee with over twenty years experience, because it usually takes from fifteen to twenty years before a drinker becomes a serious problem drinker if he starts in at an early age. If he starts when thirty-five it generally takes seven to eight years to become serious. Women generally take seven to eight years to become noticeably alcoholic.

Many a plant manager claims, "There's no alcohol problem here — just look at the record." You don't have to look at the record because there is no paper record of Joe Doakes' hangover on Monday, no record of his bad Tuesday or Wednesday. There is no record until his hazy day after the night before leads to an accident.

Why aren't there more records of the habits of drinking personnel, in order to help increase safety in industry? The aforementioned helps shed some light on the reasons why. In addition, possibly the biggest

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The Tragedy Of Tom Jones

By Janet Louise Freed, '57

Luther College
Decorah, Iowa

BUT DOCTOR, she can't be dead! I was going to marry her!"

"I'm sorry, Tom, but Mary is dead, She died two hours after the accident."

It couldn't be true but it was. Tom himself was covered with white bandages. Scenes from the head-on collision still haunted him. The other car had swung into his side of the road to pass another car. He could still see the headlights of the other car as it careened crazily toward him. He had tried to drive into the ditch. "What about the other driver, doctor?" "He's coming along all right now. He was in pretty tough shape at first. But he didn't suffer as much shock; he had quite a bit of alcohol in him."

Alcohol as a "public enemy" in safety had always been a rather remote danger for Tom Jones. It was a danger factor that made statistics when the newspapers screamed about accident tolls and death records. Now this "public enemy," alcohol, had become a "personal assassin." To others this highway accident was just another newspaper headline they would indifferently cast aside. To Tom this accident was a personal tragedy. "How many other accidents were caused by alcohol?" Tom wondered.

Not only on the highway, but in industry also Tom found that alcohol takes its toll through man's dulled senses and poor judgment. He began to notice the articles headlined, "Man Loses Hand in Machine" and "Factory Accident Kills Man." Inquiry into these cases revealed that alcohol played a role in these accidents. Impaired vision and reduced reaction time to alcohol cause accidents in industry as well as on the highway. Tom soon found that also in America's rural industry,

the farm accident rates were increased by alcohol. Tom continued to read the record of this "personal assassin" taking lives and maiming workmen—"Farmer Crushed by Tractor" and "Man Accidentally Electrocuted." He discovered that people who thought they were safe in their homes frequently fell prey to mishaps,—mishaps in which alcohol was a factor in thoughtlessness and carelessness.

Like many people, Tom named excessive alcohol as the personal assassin in highway, industrial, farm and home accidents. Moderate intake of alcohol was dismissed as simply a harmless part of modern society. Tom began to alter his thinking when he uncovered a study which showed that moderate drinking, two highballs or three or four beers could be a deadly enemy. Expert drivers suffered a 25 to 30 per cent deterioration in driving performance after moderate drinking. Tom learned, in studies conducted by Sweden's Dr. Leonard Goldberg. Another study of 17,000 rural accidents in Michigan revealed three times as many accidents by "drinking" people as by those actually "under the influence of alcohol."

Curious as to why moderate drinking should be a danger factor in public safety, Tom learned that Goldberg's studies revealed a 32 per cent deterioration in vision after moderate drinking. In addition, alcohol, even in moderate amounts, creates false confidence, hinders concentration and dulls judgment. Tom realized that the "drinking" driver is a danger precisely because his great confidence prevents him from realizing that his driving ability has decreased with his intake of alcohol.

"Can't anything be done to minimize these dangers?" Tom wondered. He learned that safety experts suggest drivers wait half an hour for each drink consumed before starting on the road. If this is impossible in a society on wheels, drivers who cannot abstain should be aware of alcohol's effects and compensate for them. Tom agreed that extra caution and avoidance of heavily traveled streets and highways would be wise practices.

But Tom knew that tragedies such as his would continue to happen. Tom realized that propaganda had created a problem of its own by deafening the ears of the American public with a barrage of words. However, education still provides an opportunity to create a true awareness of alcohol's dangers. Tom's friends were stunned by his tragic story. This made Tom realize that education must speak in terms of personal experiences to create genuine concern rather than indifference. Sincere human concern and compassion are the chief motivations for changing behavior. Only when society can learn from tragedies like that of Tom Jones, will man be spared these tragic accidents in their own lives.

INDUSTRIAL ALCOHOLISM

(Continued from page 60)

reason is because it is actually an individual case history approach to a sickness and must therefore be dealt with through individual therapy. The extra personnel and extra expense that it would constitute for each industry does not seem to justify the means to the end.

There are several approaches to curbing alcoholism in industry, but the individual and the group approaches are the most feasible. Industry primarily uses the group approach because of its ease of administering and its economy. However, group therapy must be used with caution because: First, to most people who have never been emotionally or professionally connected with problem drinking, it is often amusing. Poster or leaflet campaigns clumsily going after the problem and presented to personnel cold, have received the horselaugh in more than one plant. Second, personnel won't take preaching or exhortation from those over them. The non-problem drinkers, by far the majority, will mold a general opinion against an unsubtle program—and it will fail.

Alcoholism versus safety is a social problem in every phase of our everyday life. Industry can meet it only through education concerning its evils and the threat of loss of jobs to its personnel. Although these methods sound simple, they can only be furthered and hope be had for the best.

INTERNATIONAL EDITORIAL AWARDS

\$3,000 Offered for 1957-58

For the current college year, the ROBERTS' EDITORIAL WRITING PROGRAM is offering to college students of Canada and the United States an enlarged series of awards: 60 cash prizes, ranging up to \$150.00, 38 scholarships to the Intercollegiate School of Alcohol Studies at Waterloo College, Waterloo, Ontario, in August 1958, and travel grants up to \$35.00 each.

The subject: **"Motivation for Drinking"**

The papers should be in journalistic style, 500 to 800 words in length, answering the question, "Why Do People Drink Alcoholic Beverages." Deadline, April 30, 1958.

INTERCOLLEGIATE SCHOOL OF ALCOHOL STUDIES

Organized wholly for students, the 1958 Intercollegiate School of Alcohol Studies will be held at Waterloo College, Waterloo, Ontario, Canada, Aug. 23-28. Scholarships will be available to winners of Roberts' Editorial awards or their alternates.

"MODERN UNDERSTANDING" KIT

The following list of foundation information books and pamphlets has been selected to aid student and young adult discussion and study groups, and for reading when preparing to write on the Alcohol Problems of Today.

A Modern Approach to the Alcohol Problem	.20
Alcoholic Release and Public Safety, Warner	.20
Basic Information on Alcohol, Albion R. King	1.50
The Liquor Cult and Its Culture, Warner	1.35
Alcohol Talks from the Laboratory, Hamlin	.25
Abridged Lectures; Yale School Alcohol Studies	.50
"International Student" one year	1.50

TOTAL VALUE \$5.50

SPECIAL 1957 OFFER \$3.50

For information relating to the Editorial Awards, the Intercollegiate School, and to order publications, address;

The Intercollegiate Association
12 N. Third St., Room 522 — Columbus 15, Ohio

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THE
INTERNATIONAL

JANUARY

1958

STUDENT

- And Digest of Alcohol Studies

In This Number

Intercollegiate School of Alcohol Studies, 1958

Where Do We Go from Here?

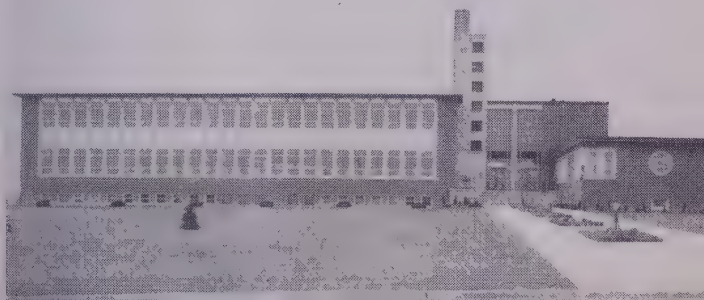
Relation Between Alcohol in the Blood and Degree
of Intoxication

Impaired Judgment as Traffic Hazard

Quotes from Intercollegiate School Speakers

Arts and Science Building,
Waterloo College, Kitchener-Waterloo, Ontario, Canada

democracy
something
eeper than
liberty; it is
responsibility"



THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

January, 1958

Vol. 55, No. 3

International Intercollegiate School of Alcohol Studies

RETURNING TO CANADA, the Ninth Annual Intercollegiate School of Alcohol Studies for college and university students will be held at Waterloo College, Kitchener-Waterloo, Ont., Aug. 23-28, 1958. Rev. John Linton, Toronto, National Canadian leader and Vice President of the Intercollegiate Association, is Director and J. Robert Regan, Jr., Washington, D. C., national leader among colleges in the United States, is Dean.



Rev. John A. Linton

These leaders of the School have both been giving much of their time through 1957, in educational activities on the campuses of North American colleges, speaking, conferring with faculty members, leading discussion groups, conducting institutes, and carrying forward a new standard in approach and education, scientifically based, on the problems

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THE INTERNATIONAL STUDENT is published by The Intercollegiate Association for Study of the Alcohol Problem, five times a year, in October, November, January, February, and April-May. Subscription, \$1.50 per year; two years \$2.50.

OFFICE OF PUBLICATION, Westerville, Ohio

ADDRESS ALL COMMUNICATIONS to the Editorial and Executive Office, Room 522, 12 North Third St., Columbus 15, Ohio. Entered as second class matter at Westerville, Ohio

Where Do We Go From Here?

By Wayne W. Womer

A Forward Look from the
Intercollegiate School of 1957

FOR A WEEK we have been examining some of the problems created in our society by the use of alcoholic beverages.

We have studied the latest scientific and factual information regarding the effects of the practice, physical, mental and social. We have discussed the nature and needs of man as related to his motives for drinking.

No doubt we have sensed that these problems are far more complex than we had supposed; that man, struggling to adjust himself to his environment, yet not fully understanding either himself or his world, reaches for any straw that will change the way he feels, at least for a while, give him an escape, or a haven, from his confused and frequent states of unrewarding existence.

To Meet This Need

What can we do? Can we by one stroke change a complex problem of our lives into a simple one, eradicate the pains of daily living? Perhaps some of you are feeling that these problems are so deeply rooted and so vast, that we had better leave them alone and concern our-

Slightly condensed from a closing address at the Intercollegiate School of Alcohol Studies, Nebraska Wesleyan University, Lincoln, Nebr., August 29, 1956. Dr. Wayne W. Womer, Richmond, Va., is giving full-time service in educational activities related to the alcohol problem; his field, the colleges, high schools and churches of Virginia. He has been Alumni Secretary of the Yale School of Alcohol Studies since 1943, the first year of that institution.

selves with something that seems to offer greater promise of success. However, we are part of the problem, and there is a place of particular opportunity and responsibility open to strong and socially established men and women in regard to it. No man of character and vision can long remain undecided, or hesitate to take an intelligent stand in the face of so great a human problem as this. He will want to make sure, also, that he does not himself become a problem.

United Approach Now Needed

We realize now that a single approach is not enough. The Research Scientist, the Doctor, the Religious Counselor, the Educator, the Law-maker, the Clergy, the Family, the School and the Church all have important roles to play. They must play them together, cooperatively. Modern war is not won by one branch of the Armed Services. The civilian, the combined military forces, and total society each has a vital function.

The Scientist is continually searching for truth; much scientific research in this field is being carried on today—not only in our Country, but in Europe. There is a vast amount of scientific information available; it must be taken out of the books and put into the minds of men.

Where Do We Go From Here? The first step is Alcohol Education in the home and the community. Our society is highly organized; the community has many groups within it that have constructive purposes — groups such as the Church, the School, the PTA, Service Clubs, Women's Clubs, Rural Organizations, Boy Scouts, Girl Scouts.

Each individual should choose the area in which he can most effectively serve, for example:

The understanding Minister can make a most valuable contribution and the Church School is graded and already organized. Alcohol Education should be in the lesson material of every age level; then there are the Women's and Men's Organizations and the Youth groups. An informed and interested person can integrate facts about Alcohol into the program of the local

Church. Creative imagination and intelligent effort are needed and can be applied with rewarding results.

The Public Schools are a fertile field for Alcohol Education. A course on Alcohol and Narcotics should be given in every teachers college; the classroom teacher is confronted constantly with questions; many teachers find themselves unable to answer these questions. Excellent materials are being published for teachers, such as, the book, "Teenagers And Alcohol" by Raymond G. McCarthy of Yale University. McCarthy writes:

"Parents do not send their children to school in order to have their basic values and beliefs modified. Yet free discussion of a controversial issue is likely to result in a challenge to convictions of many students. Similarly, organized groups in the community often object to class investigation of certain topics. Some teachers may have such strong feelings on a question that they feel obliged to enforce the 'correct' position upon students."

The College presents a challenge. A well-informed speaker at chapel can be effective. Discussion and study programs are possible in the church-related groups. A member of A.A., a doctor from a state rehabilitation clinic; films, such as, "Alcohol And The Human Body", "Alcoholism", and others, can be useful. Qualified persons can be secured to meet with psychology, sociology and other classes.

We must realize that education is not an end, but simply a means to an end. There must be motivation, motivation to utilize the truth; a moral climate has to be created, out of which will come solutions. "Science cannot solve the alcohol problem," said Dr. E. M. Jellinek, of Yale, new Consultant in the World Health Organization, "but Science can help". A scientific explanation of the many sources and complications of the alcohol tradition, its relation to other problems in personality and social living, opens the way to programs of education, prevention, and rehabilitation that are substantially founded. This approach centers attention on the essentials and helps to avoid wasted efforts." The campus-church related organizations have the unique

opportunity to utilize scientific truth and interpret it in terms of moral responsibility. One address, one discussion, or one film is not the answer. Education on this problem must be persistent and many-sided.

Dr. Selden D. Bacon, Director of The Yale Center of Alcohol Studies, in his lecture "The Mobilization Of Community Resources For The Attack On Alcoholism" states:

"The attack on a community problem, whether it be crime, unemployment, alcoholism or any other, requires first a formulation of the problem, of the goals to be achieved, and of policy—the broader principles to be followed in the action to be undertaken. This is not a happy thought. Most people who want 'to do something' about this or that situation are quite sure that they know what the problem is and what steps should be taken. If it concerns prostitution, for example, they may be sure that what is needed is to fire the higher-ups in the police department and run the Jukes family out of town. This implies action, perhaps excitement, glamour, campaigns, breaking out more flags, and soul-satisfying whacks at the depraved rascals who are responsible.

"It is all very uplifting for the right-thinking citizen. Unfortunately, it will not affect the problem of prostitution very much, if at all. In fact, it may result only in another organized vice group gleefully taking over from the incumbents. This mode of reform action might be characterized by the phrase, 'We don't know where we're going, but we're on our way.'

"This has been a fairly common mode of attack on social problems in American history. That there are results to such activity is undeniable. That the results bear much relationship to the hopes of the participants, however, is not apparent.

"Planning, defining, organizing, policy setting—these are difficult tasks, calling for study, comparison, compromise, patience and the like. They are not glamorous, they are difficult, time-consuming activities, and they do not bring immediate rewards. But if the problem is a real problem, they are essential. If such problems as race

prejudice, war, disease and the like could be solved by laws, parades, name-calling, and fighting people who favor other solutions, those problems would have been solved long ago."

Freshmen Orientation

Many students arrive on the campus with little or no knowledge of the duties and responsibilities expected of them by the college community. Their concept of college life has been influenced by glamorous motion pictures and television versions of higher education: a football bowl with a winning team and a book thrown in for good measure. Many have parents without college experience or background—thus, their first contacts on the campus are most vital. Here is an opportunity in which the church-related group can render maximum service. Some of these new students are lonely, confused and most anxious to be accepted. If many more of them could be integrated into a church-related group on their arrival, and could find friendship and acceptance, much could be accomplished.

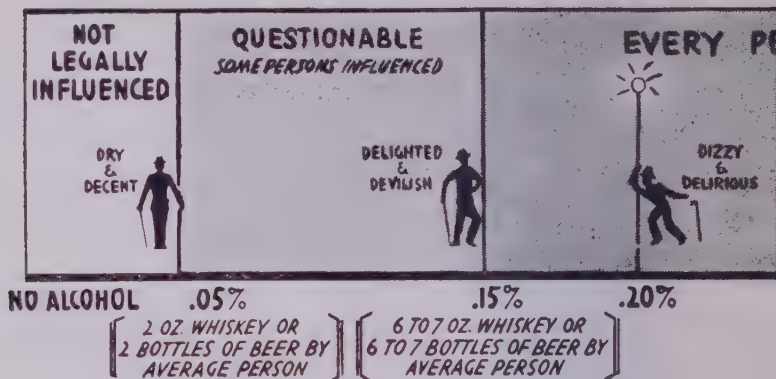
It is not my purpose to give a detailed blueprint on "Where Do We Go From Here?" but rather to make a few practical suggestions, stimulate your thinking, encourage your cooperation and help you discover that this is a wide-open area that calls for imagination and creative thinking.

New Method; Hungry Public

Here is an opportunity to be a pioneer. If you are interested in mental health, physical, social and spiritual health, in highway safety, a better community, family life, industrial efficiency, the alcoholic, the police court drunk; in religious education, in public education, in legislative controls, you have found that all these areas are affected by the use of alcoholic beverages and are closely related to your own personal welfare. There is now available a tested, non-factional, practical and common sense means of meeting these problems—meeting them in terms of alleviation, of recovery and of prevention. There is a public which is hungry for a palatable and efficient solution. That Public of all "Publics" in the

(Continued on page 78)

THERE IS A DEFINITE RELATION BETWEEN ALCOHOL



*Chief source of
traffic danger*

Impaired Judgment Due To Alcohol As A Traffic Hazard

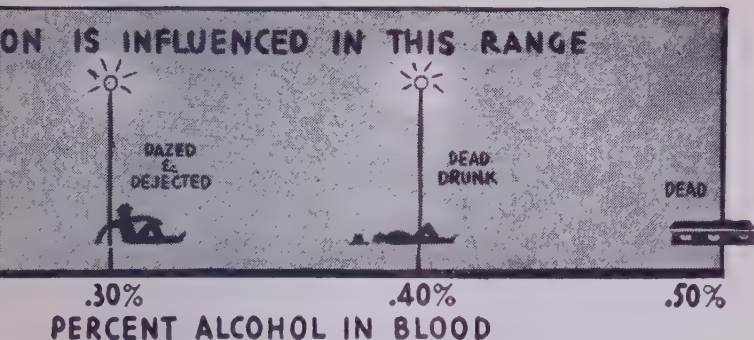
By David G. Monroe

THE FACT THAT CASUAL identification cannot be accomplished by the traditional methods of determining alcohol intoxication is the first of many fundamental reasons why they do not suffice and why chemical testing evidence must be used in many cases to prove that intoxication was due to alcohol.

Problems of proof in the field of traffic accidents have been complicated by the further fact that it is not the drunken person but the less than totally inebriated person who is the chief trouble-maker on the highways.

Many accident investigations have shown that it is not the driver or pedestrian who is in an advanced state of inebriation who is the principal traffic hazard. The majority of drivers in a drunken condition go to sleep

IN THE BLOOD AND DEGREE OF INTOXICATION



or get off the highways before an accident occurs. Nor is the drunken pedestrian a prime difficulty in the traffic stream. Rather, the problem is caused by those who have had enough to drink so as to impair their judgment, but not enough to affect their appearance markedly. These are the persons who will take chances which they normally would avoid and who fail to exhibit discretion which they otherwise would have demonstrated.

Because it is the judgment-impaired individual, rather than the drunken, who is the chief source of traffic hazard, the problem of proof has been complicated. Judgment is the first of the faculties to be affected by alcohol. Often, impairment occurs before the individual has reached a point of intoxication where intoxication becomes noticeable in his appearance and actions. Here, then, is a situation of critical significance. How is it possible to prove by the traditional observation method that the judgment of a violator is impaired when the violator is not sufficiently intoxicated to demonstrate it

This statement is from a bulletin of the National Safety Council, Chicago, Ill. Mr. David G. Monroe is chairman of a sub-committee of the Council on Legal Problems and Tests for Intoxication.

by his behavior and appearance? In many such borderline cases no arrest is made because the arresting officer cannot be sure of the intoxication nor can he obtain reliable lay testimony to support the amount of proof required by law.

INTERNATIONAL INTERCOLLEGIATE SCHOOL

(Continued from page 66)

and customs of alcoholic drink as found in the personal and social experience of younger people today.

For example, in October and November, Mr. Linton gave a day of addresses at Acadia University, Wolfville, Nova Scotia, and led discussions in classes in psychology and sociology and a theological student seminar. At Halifax he was the resource speaker in an all-campus conference of student leaders that included the Student Council, and the Newman and Canterbury clubs. He filled a similar program at Teachers College and the University of New Brunswick. Mr. Regan, in a widespread program of institutes, area conferences, college visits, and discussion groups, reached directly and indirectly, college communities in many parts of the United States as college secretary of the Methodist Board of Temperance. Both men come to the Waterloo Summer School in August with very recent understanding of the questioning regarding alcohol.

Mr. Linton, in addition, will bring with him a keen understanding of the World Problems of Alcohol and the results of late scientific research, as developed at the World Congress of Alcoholism, at the University of Istanbul, Turkey, in 1956, in which he shared as Canadian national delegate and representative of the Intercollegiate Association. Later he helped organize a World Conference on Alcohol and Road Traffic, at Toronto, and earlier was a lecturer at the Yale School of Alcohol Studies. He is the All-Canadian leader of the general movement.

Quotable Quotes From Speakers

At One Intercollegiate School

Each year of the seven
could yield as many

NOTHING LIKE IT EVER," was the first reaction from students, staff and visitors alike at Otterbein College, as they completed five well-filled days (in August 1950), at the first Intercollegiate School of Alcohol Studies ever undertaken among college student undergraduates.

Seeking to understand the confusing situation and divergent attitudes that are most prevalent today regarding the problems growing out of alcoholic drink customs, this first school of its kind was organized on a new objective, scientific and educational basis. Its purpose was to develop thinking, discussion, study and instruction free from propaganda. Students and faculty members attended from 32 colleges and universities of Canada and the United States.

Improved by experience and later research these policies have prevailed at the Schools held since—at Cornell College, University of Toronto, University of Western Ontario, McMaster University, the University of Chicago and Nebraska Wesleyan University.

Ideas and Ideologies from the First School

MODERN EDUCATION places emphasis on the study of problems as they are revealed in the life of the individual. Why not begin with the alcoholic? **How did he get that way?** It is from the alcoholic that we best learn the results of the disintegration of a personality and the social aspects and implications of the problems surrounding the distribution and consumption of alcohol. Youth and adults soon begin to realize that the alcoholic represents more than a drunken sot.

—**Dr. Lawrence E. Vredevoe,**
Education, University of Michigan

My first assignment in the police court with the drunks was a bewildering experience. Any man who is at

all conscientious becomes confused when he sits there hour after hour, morning after morning, and faces a parade of literally 50 to 60 a morning, and on Mondays perhaps 250. It was easy to give them days in jail; it wasn't my time. It was easy to give them a fine; it was their money. But sooner or later a judge begins to feel a sense of responsibility; mine was one of hopelessness.

—Judge Lewis Drucker,
Municipal Court of Cleveland, Ohio

We have songs, poems, stories, plays, jokes about drinking and many of them support drinking. Many who don't drink sing these songs, tell those jokes, and so, constantly recognizing and maintaining this rationale, we give support to that which we consciously do not want to support.

—Dr. Carl A. Nissen,
Sociology, Ohio State University

A man who drinks does not imitate the drunk down the street, but the man of distinction. It might be a little difficult to say to a man of distinction that he is his brother's keeper, but, after all, that is a moral and ethical principle that is well established.

—Dr. Albion Roy King,
Philosophy, Cornell College, Mt. Vernon, Iowa

Given an opportunity in the class-room to analyze the characteristics of the alcoholic, the cause, effects and costs of alcoholism to human resources, the problem would have more meaning. Young people would discover that every alcoholic begins as a moderate drinker, and that there is no test which shows who can stop at moderation. Thus the dangers become real.

Most drinking begins in a social way at a social occasion. But the end result is anti-social. Youth and adults seem to be intrigued by the paradox of the social urge of the first drink and the anti-social urge of the alcoholic.

—Dr. Lawrence E. Vredevoe

You don't have to get drunk at a football game to turn loose, because a football game is one place in American life where we tolerate people going hog-wild. And you don't have to get drunk to do it unless there is something wrong with your personality.

—Dr. Albion Roy King,
Professor of Philosophy,
Cornell College, Mt. Vernon, Iowa

The lower you go among the forms of life, the greater is the percent of alcohol that these forms can stand. The creature that endures less alcohol, percentage wise according to bulk, is the human. That is a price we pay for the qualities we have such as discretion, which distinguishes us from the lower animals.

—Dr. Haven Emerson,
Recent Health Director,
City of New York.

You don't help the problem of alcoholism by building jails or sentencing the drunk to long terms, but by creating in a community a sense of social responsibility and in officials a feeling that they ought to be helpful.

—Judge Lewis Drucker,
Cleveland, Ohio, Municipal Court.

The cult of moderation today is not a creed of drunkenness. Nobody is quite so bitter in his feelings about the drunk as the typical moderationist.

—Dr. Albion Roy King

Here 39 students from 30 different colleges met for five days to consider with all seriousness the problems caused by beverage alcohol on their campuses. They heard lectures which provided background material, shared in seminars which were direct, frank and critical; and compared campus and community problems. The most popular were the "bull sessions" that engaged

every free moment. In short, the students themselves employed almost every educational process to do that which had never been attempted before—give serious consideration to the implications of drinking in their lives, in the life of the campus, and in the larger community beyond.

—Stanley F. Knock, Jr., Seminar Leader

It is from the instructors and students now in college, and the socially minded and responsible graduates everywhere, that **leadership** in freeing human living from the cult of drunkenness, is most naturally expected—and will come. It is this understanding that makes the approach of The Intercollegiate Association fundamental to all others, in its just demand for greatly enlarged cooperation and support.

—Harry S. Warner, General Secretary

WHERE DO WE GO FROM HERE?

(Continued from page 71)

world is unsurpassed for people of fundamental common sense, and for people interested in the activation of humanitarianism and in the achievement of individual dignity for their fellowmen. There are yourselves, acting first in a trigger capacity to set this attack in motion, and then as guides, as friends and as sources of energy.

Dr. Paul Tillich, Theologian of Harvard, writes: "Men are saved so they can save. Men are healed so they can probe other sickness. Men are given the answers to some questions, so they can ask more. Men are adjusted in themselves, so they can challenge more forcibly all the world's maladjustments."

Dr. Harry S. Warner, under the title, "A Modern Approach To The Problem Of Alcohol" says:

"As ultimate aim it may be well to vision steady growth in the natural healthy culture that has freed itself from the dead hand of its alcoholic past. Nothing less can be implied if the accumulated scientific knowledge now available is constructively interpreted. For the cult of toxic pleasure temporarily obtained through depression of the highest creative and control centers.

of human personality, the functioning of man's intellectual and spiritual capacities, is abnormal. It should be replaced by that which it has displaced—that pattern of healthful living that seeks in education, recreation and dependence on a higher power—the freedom that no drug can give.”

A Modern Understanding Kit

Of Fundamental Information and Source Material
For personal and group study and discussion of the problems of Alcohol, Alcoholism and Drinking in the CULTURE AND LIFE of Today, including the often over-looked sources, pressures and motivations.

A 1958 Special Offer

Life Story of an A.A.: 'From the Alcoholic to the Natural 'Way of Life' "	.20
"A Modern Approach to the Alcohol Problem", an all-over view, By Harry S. Warner, third revised edition	.20
"Alcoholic Release and Public Safety," by Harry S. Warner; symbol, and spread of resulting dangers, 1957	.20
"Basic Information on Alcohol," Albion R. King, Ph.D.	1.50
"The Liquor Cult and Its Culture," Harry S. Warner, L.H.D.	1.35
"Alcohol Talks from the Laboratory," Howard E. Hamlin	.25
"Abridged Lectures of the First Yale School of Alcohol Studies"; the only condensed edition issued of the scientific lectures of the Yale Schools.	.50
The "International Student"; a one-year subscription	1.50

TOTAL VALUE \$5.70

SPECIAL CASH OFFER \$3.50 postpaid

The Intercollegiate Association

12 North Third St., Room 522, Columbus 15, Ohio

"Motivation For Drinking"

Over \$3,000. In Prizes

The Roberts Editorial Awards of 1958

The International Awards in the Logan H. Roberts series of 1958 include 60 cash prizes up to \$150; 38 scholarships to the Intercollegiate School of Alcohol Studies, Waterloo College, Waterloo, Ontario, August 23-28, 1958; and 28 travel grants to "finalists" or their alternates, a total of over \$1,700, and \$1,700 in local group awards to classes and their instructors or other qualifying groups.

The First Honor writer may win the equivalent of \$200 to \$350 in total value; the Second, the equivalent of \$175; two Third Honor writers, an equivalent of \$125 each; four Fourth Honor writers, an equivalent of \$100 each—and there are many more.

The Editorial writing program this year is closely coordinated with the next session of the Intercollegiate School so that many, or all, of the best thinkers and writers may receive, with most of their expenses paid, a week of intensive instruction and discussion under the lead of some of the best specialists in North America on the problems of alcohol.

**For folder of information address,
Intercollegiate Association
12 N. Third St., Room 522
Columbus 15, Ohio**

Good is that which contributes to the course of ascending evolution and leads us away from the animal toward freedom.

—Lecomte du Nouy, *Human Destiny*, p. 133

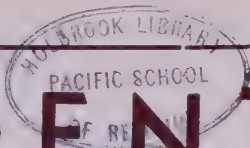
The human animal following his desires often misses satisfactions instead of obtaining them. The star example is narcotics.

—Irving Fisher, *My Father Irving Fisher*, Irving N. Fisher, p. 339

We cannot predetermine who is susceptible and who is resistant to becoming an alcoholic. We cannot discover the alcoholic until he has started to drink; and, sometimes he must drink socially and then moderately for twenty years before his alcoholic susceptibility becomes evident. The only cure known for alcoholism is abstinence.

—Andrew C. Ivy

THE
INTERNATIONAL



FEBRUARY

1958

STUDENT

- And Digest of Alcohol Studies

In This Number

Skid Rows and
Alcoholics

Intercollegiate
School of 1958

First Intercollegiate
School — and a
Freshman

Observations of
Amos Alonzo Stagg

Let's Promote
Safety

Democracy
is something
deeper than
Liberty; it is
Responsibility"

Duke
University
Chapel,
Durham, N. C.
(See next page)



THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

February, 1958

Vol. 55, No. 4

Intercollegiate School of 1958

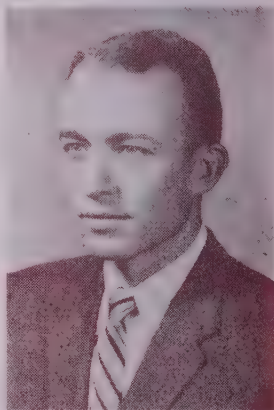
Waterloo College, August 23-28

COLLEGE and university students will have an unequalled opportunity to study together, discuss and forecast the future regarding the Problems of Alcoholic Drink in modern society, at the Intercollegiate School of Alcohol Studies, Waterloo College, Kitchner - Waterloo, Ontario, the week of August 23rd.

Outstanding speakers — research experts, scientists, health authorities, educators will include the best in North America.

Dean, J. ROBERT REGAN, Jr., Washington, D.C., with two degrees from Duke University and six years of full-time experience in intercollegiate activities, has gained wide reputation in this special field.

For information folder, address, Intercollegiate Association, 12 N. Third St., Columbus 15, Ohio.



J. Robert Regan, Dean

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OFFICE OF PUBLICATION, Westerville, Ohio

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*Whose is the
responsibility?*

Skid Rows And Alcoholics

In Chicago and Toronto

By John A. Linton, M.A.,

"We cannot leave the task to Alcoholics Anonymous, to church missions on skid row, to foundations, and clinics. They alone cannot keep up with the new alcoholics created each year."

COMING HOME FROM THE WEST last summer, we stopped off at Chicago and revisited skid row. You walk along Madison until you cross over the canal and there it is—Skid Row. Neon signs selling cheap liquor; secondhand stores where men can sell clothes from off their backs to get money to buy liquor; cheap flop-houses, dirt and squalor were everywhere in evidence. Amid it all stood small groups of men passing around their bottles. We said "men" for few women frequent this area.

Skid Rows Are Much Alike

Chicago's skid row, like most skid rows, is for the men. Some are young but most are middle aged—men who have been discarded by society and have gravitated to Madison Street because here they are accepted. It is a sort of Alcoholics Anonymous in reverse. They have given up the task of living with loved ones at home; of

Reprinted by permission from the *Presbyterian Record*, Toronto, December, 1957, under the title "The Rising Tide of Alcoholism." Issued in leaflet form title, "You Are Involved," by the United Church of Canada, 299 Queen St., W., Toronto 2B., Ontario.

Rev. John A. Linton is Vice President of the Intercollegiate Association, Secretary, Canadian Temperance Federation and a graduate of Yale School of Alcohol Studies. He was a lecturer at the Intercollegiate School of Alcohol Studies in August 1957, and his visit to the Chicago skid row was on his return from Nebraska Wesleyan University, Lincoln, where the School was held last year. He will be a frequent speaker at the Intercollegiate School at Waterloo College, Kitchner—Waterloo, Ontario, August 23-28, 1958.

trying to keep a job; of struggling to give up the habit. Now in skid row they give in to the addiction and let nature take its course, which means death by the installment plan.

When I came home, I went down to Toronto's skid row and noted the similarities: the same drabness, the same secondhand stores. There were several interesting differences, however. Men in Toronto's skid row drink fortified wines such as Sherry and Port. (Many people who indulge in such wines do not realize that they are not natural wines, but have been made much more potent by the addition of strong alcohol.) They do not drink in groups on the street but down alleys and in back yards.

What can be done about these blighted areas in our cities, both large and small? First of all, we must get rid of our "heads in the sand" attitude. How many of you reading this article have visited such a blighted area? We live in our residential districts and know little of what goes on in the downtown area. Even in our small towns few spend a Friday or Saturday night sitting in a hotel lobby watching the tide of human beings flow in and out of a beer parlour.

Social Dilemma of Skid Rows

I have done this in many places across Canada and must report that it is due to the fact that many of these people, both men and women, are alcoholics. Many are not residents of the local community, but come from rural slums. We note the church mission in the skid row area. This is in the right direction and needs a type of leadership that seeks not only to save from alcohol, but to set up adequate programs of rehabilitation. The man or woman taken from the gutter must find his or her way back to a job and be able to set up or re-establish a home.

In the moral sphere the Church faces a dilemma. We are being accused of separating ourselves from the alcoholic because of our moralistic attitude. We place a stigma upon the alcoholic and upon his home and loved ones. We should face the dilemma thoughtfully. The

Bible speaks out definitely against drunkenness. It is not necessary for us to vacate this historic stand. In fact, we dare not do so and be true to our faith.

To Aid the Alcoholic

It should be remembered that in societies which have a drinking pattern, and a low percentage of alcoholics, that this is in part due to a strong cultural pattern which places a stigma upon drunkenness. The Church can better meet this dilemma by dividing drunkenness into two categories.

First, drunkenness that comes out of recreational activity which says, "The only way to have fun is to get drunk." This way is prevalent in our present society and it must go. The Church must speak out against all such forms of drunkenness. Our Lord came into our lives so that we may be full of the higher spirit. The Spirit of God manifesting itself in joy and fulfilment. "The lift that never lets us down." It is because modern man is depending on the lower spirit, the spirit of alcohol, to carry him over the rough places and give him a false zest for his recreation, that he is being let down and even falling on his face. This alcoholic way of life must be changed if this problem is to be met.

The other side of this dilemma is that when we denounce recreational drunkenness, we are in some cases endangering our chance to help the compulsive drinker and even drive him from our Church and fellowship. We must remember that when a recreational drunk crosses a line and becomes a compulsive drinker he no longer can be helped by moralistic denunciation. He no longer has the power of will.

In his case, the burden of the message and approach must be the love of God as revealed on Calvary's Cross. Only the redemptive love of God can change him and help him to rise above his weakness. We must make it quite clear that he is not in a unique position but that "all of us have sinned and come short of the glory of God." Thus we are not on a pedestal looking down at the alcoholic.

Our police magistrates and courts are working out

ways and means of treating the alcoholic repeater coming into the courts. Many come because of minor charges of vagrancy or petty thieving, and in the case of women, prostitution. These are ways to secure money to buy alcohol. In Toronto, the Alexander Brown Clinic at Mimico is a splendid project. The alcoholic who has been committed to Mimico can spend the last month of his confinement in the clinic. Many cases of outstanding success have been reported since its opening.

The Hidden Problem In The Better Areas

When we see in our mind's eye an alcoholic, we have a tendency to see a skid row character. We see a dirty, unshaven man lying in the gutter. This is a stereotype and not true in the larger sense. Only one-eighth of Canada's 200,000 alcoholics will be found in or near our skid rows in all our cities. The other seven-eighths will not be found on Queen Street, east of Jarvis, but at home, living in the better areas, literally trying to hold on by the "skin of their teeth."

Alcoholism is no respecter of persons. It comes to high and low, educated and uneducated, skilled worker and dirt slugger, rich man, poor man, beggar man, thief. It is found among the clergy. It can be stated that about 15,000 alcoholics inhabit our skid rows and about 175,000 are living in the better areas. This adds a new dimension to the problem: 15,000 are revealed and can be observed, the 175,000 are hidden. When problems are hidden they are difficult to meet and overcome. One of our tasks is to bring this hidden part out into the open.

Alcoholics Anonymous, a program of drunks for drunks, which has come to the fore in the past 20 years, is doing an exceptional job. One of its greatest accomplishments is that it is bringing this matter to the front, the hidden is being revealed because of the testimony of redemption by these men and women. Once they were ashamed and frustrated, but now they are walking in the light. They would show others how to do the same. Our approach to A.A. at the present is not one of carping criticism, but one of co-operation. The Church

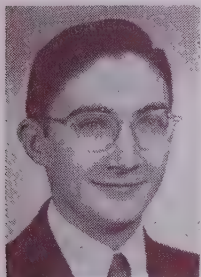
(Continued on page 95)

The First Intercollegiate School

And A First Quarter Freshman

By Dave Alkire

I WAS IN THE SHOWER singing "Old Man River," when my brother Bill called. Bill is the intellectual member of our family, five foot nine inches tall, good looking, and my life-long best friend.



Dave Alkire

"Listen Dave," he said. "I have exams all next week so I won't be able to attend the Intercollegiate School. Would you like to go in in my place?"

"To the what?" I asked, as I slipped on my comfortable blue jeans and a sloppy, stretched and faded shirt.

"You know, I told you about it last week. The Intercollegiate School of Alcohol Studies. It's going to be held at Otterbein College

in Westerville," said Bill.

"That sounds good to me, Bill, but I know all about the alcohol problem."

"Yeah! Dave, how's that?"

"A teacher showed me," I said, "He put a worm in a glass of water, and one in a glass of alcohol. Now, the worm he put in the water did fine, but the one he put in the glass of alcohol shriveled up and died."

"Yeah, what did that prove?" asked Bill.

"Why man, that proved that alcohol kills worms."

"Dave, that story's as old as the hills," said Bill. "Whitey got this scholarship for me. Should I tell him to give it to somebody else, or do you want it?"

Whitey is short for Rev. Lloyd White. He and his wife, Kay, were the house parents as Wesley house at Ohio State University. He is a wonderful guy as well as a good minister. Anything which he endorsed I knew must be worthwhile.

"My poor old mind needs a rest, Bill. I sure don't

feel like being preached to, but on the other hand I'd hate to miss an opportunity to expend this primitive mind of mine."

"Hey! What do you mean your mind needs a rest?" shouted Bill, acting like he was angry. "All you've been doing this summer is playing around North Carolina under the pretense of having a newspaper job."

"I don't know anything about this Intercollegiate School except that Whitey gave it the green light, but I wish that I could go."

Bill didn't twist my arm, but he did encourage me. The following Sunday I packed my bag, borrowed Bill's old scarred blue '36 Ford, and headed for Westerville.

I should mention at this point that in the early part of the summer I had attended another conference on the alcohol problem. I learned a great deal at this school, but I was a little upset by their strict religious emphasis. Several ministers learned that I enjoyed social dancing, so they prayed for the salvation of my soul night after night. Upon leaving this conference, I was almost a nervous wreck. So you see why I was a little skeptical about attending an alcohol study conference.

The steps to the dorm where the Intercollegiate School was being held were covered with students when I arrived. They were dressed very casual; one boy was playing the ukelele and singing "Ain't She Sweet," and a character with a golf cap pulled down over his eyes was doing the Charleston on the grass.

As I walked up the steps I began to relax. One of the students, L. T. Hathaway of Virginia, shook my hand, and said, "Welcome to the Intercollegiate School of Alcohol Studies." I really felt at home.

Because of three main reasons this school was undoubtedly one of the outstanding experiences in my life. First, I discovered that there were students, both drinkers and non-drinkers, who were working on this problem. Second, all of the speakers were high caliber leaders in science and education. And finally, because I met Harry S. Warner.

He was introduced to me as Dr. Warner, and he has

been Dr. Warner to me ever since that time.

The lectures dealt with the problem in such a way that I realized for the first time how vast and complex it is. All of the material which these men threw at us, we were asked to evaluate and criticize carefully. We were free to think as we pleased and encouraged to draw our own conclusions.

I was told that Dr. Werner was the mind behind this tremendously maturing experience, and I was delighted when he agreed to spend one of our free periods discussing the problem with me.

He was the first man I had ever met who treated young people as adults. They said he would listen carefully. He seemed to appreciate their interest so much that they began to feel a new sense of responsibility to act as adults.

I told him about my personal experience with problems caused by drinking. I told him about some lectures I had heard. He seemed to understand. I felt also that he shared my frustration when I tried to discuss it with my musical friends who were mostly drinkers, especially when they gave me the horse laugh.

Dr. Warner was a man of above seventy at this time. He had been a scholar of life and its many problems, with a special concern about the Alcohol Problem. He had written five books, lectured in twenty countries, helped organize the World Student Federation Against Alcoholism, and attended and lectured at the Yale School of Alcohol Studies.

I was twenty. I had spent one quarter at Ohio State, yet I feel that we developed at that time a sympathetic and understanding friendship which is still with us today.

We had no rules at this school. We were housed in one building. The lectures were on the main floor. The women stayed on the second, the men on the third. Many of our discussions turned into bull sessions, and lasted long into the night. One thing was brought out in these discussions which bothered me. The next day I took it up with Dr. Warner in our private session.

"This problem is so large, so old, and so complex that

solution seems almost impossible to some of us students who were discussing it last night," I said. "You've been working on it for years. Do you think that it can be completely or partially solved? Or that we're moving in the right direction toward a solution?"

A sparkle seemed to come into Dr. Warner's eyes at this point. I was startled when he jumped up from his chair, stood his full 5 feet, 11½ inches and pounded his hands together.

"You've hit on something very important, Dave," he almost shouted. "These are questions that I've been struggling with for over half a century. I was greatly encouraged during prohibition, but not fully convinced it could succeed. I'll tell you about the Intercollegiate Association, its projects, its goals, and its philosophy, and then I'll let you draw your own conclusion."

He sat down in a big black leather chair beside me. He was silent for a few minutes. We faced a large picture window and we could see several students passing a ball back and forth, and a couple of very pretty girls dressed in white shorts and blouses with tennis rackets walking across the lawn.

"Do you know that the Intercollegiate School is sponsored by the Intercollegiate Association for the Study of the Alcohol Problem?" questioned Dr. Warner.

"Yes, L. T. Hathaway explained it to me," I said. "I don't quite understand the whole structure of the organization, but I do know that it is made up of college professors and presidents, with Dr. Burgstahler, Chancellor of Ohio Wesleyan, our president; Dr. Gordon Howard, President of Otterbein, our Vice President; and you as General Secretary. Is that right?"

"Well, that's close enough," said Dr. Werner. "We are also opening membership to students and student leaders, but I'll explain that later if you're interested. Right now let's stick to our original question. Are we taking steps in the right direction towards solving the alcohol problem?"

"I'll explain the projects of the Association to you
(Continued on page 100)

*Seventy Years in
College Football*

Observations of Amos Alonzo Stagg

Coach at the University of Chicago

From testimony before a Committee of the U. S. Congress in 1930

ALL MY LIFE I have been interested in young people — particularly boys and young men. My interest is the outgrowth of gratitude.

My Home Training in comparative poverty was all that could be desired, but the environment in which I played as a boy was far from helpful.

The rendezvous of my playmates and myself was close to the four saloons of that small neighborhood where the atmosphere was chemically prepared for an explosion and for exciting episodes. Beer-drunken men were a common and daily sight, and rarely a Saturday night passed when one or more of our neighbors did not go on a debauch. Fights were more or less frequent and furnished the thrills for us youngsters.

Every now and then the young men would chip together and buy one or more kegs of beer, take them out in the big lots near by, and get good and soused.

The saloons were our substitutes for the movies, the theater, the motor car, the radio, the seashore, reading, and all. In bad luck men drowned their sorrows at the bar. In good luck they celebrated there. When too warm, they drank. When too cold, they drank. In high spirits they let off steam at the saloon. When bored, they bought high spirits from the bartender. If we had no movies, we did not miss them. We got our drama at first hand in the raw from the saloon and the show was continuous. It must need a lively sense of humor to argue that beer is not intoxicating. Beer was the

Condensed slightly from *The International Student*, April, 1930. The article is from a statement made by Coach Stagg at a hearing before the Judiciary Committee of the U. S. House of Representatives, March 13, 1930.

drink of our street—used in the hope and expectation of getting drunk, and rarely disappointing.

The children of most of the families of our block grew up under the shadow of these recurring debauches, in which they and their mothers ran the chance of a beating. Nobody can paint the effect of those conditions on the growing boys and girls, of whom there were many. The families were kept impoverished. The children were none too well fed, and sometimes lacked warm clothing. The great majority did not have satisfactory schooling. They had to go to work young, not because the father did not earn plenty of money, but because good wages were squandered in drink. Certainly the children did not have a fair start in life.

Although most of the old homes are still there, the neighborhood is now clean and respectable. The children of the new families which now occupy these homes are not subjected to the handicaps and unfair conditions of pre-prohibition days.

Around The University In 1930

For over thirty-eight years I have been connected with the University of Chicago and I happened to live near one of the main thoroughfares. Before prohibition, drunken men were quite common on the street, now only occasional. I am stating casual observations. More than half of the families in our block are in quite moderate circumstances. They are putting up a good battle to make ends meet and are succeeding reasonably well. I see their children every day and I know many of them. The children are going to school and getting a reasonably fair start in life. They are getting this without being subjected to the deprivations and handicaps which most of my playmates suffered because of drunken fathers.

There has been a tremendous gain in social and economic conditions among the poorer classes. The children are growing up with a much fairer chance to bridge the span between childhood and manhood. Failure to build a strong bridge is not due to prohibition or the lack of it. The failure is due to the bad examples set by the

fathers or mothers, to the lack of training in the home, to the relaxation of home discipline.

If our boys and girls go wrong, we parents are to blame, not prohibition.

Sensible Students

Recently the athletic directors of the Intercollegiate Western Conference met at Minneapolis. We got into an informal discussion in regard to drinking conditions in our respective institutions. These men are well informed on student life in their communities. We agreed that there are groups of men who drink, some of them to excess, but we were unanimous that conditions are getting better each year.

The great mass of the students are sensible and self-disciplined.

Undoubtedly there is a variation in our respective universities, but several directors stated that drinking is not a real problem in their institutions. It is not a problem at the University of Chicago. Only a very small percentage of the students drink at all. There always will be some men who take chances of ruining their health and their future by drinking.

It has been my good fortune to travel considerably about the United States. I often speak before high school students and organizations of various kinds. In my talks I usually touch upon the drinking problem, hoping to aid them in their thinking. On these trips I talk to all sorts of people about how prohibition is working in their communities.

I am convinced that in most cities of ten to twenty-five thousand and less there is no serious prohibition problem. That does not mean there is no drinking, no bootlegging. We shall never be able to stop these completely, any more than the government is able to stop the bootlegging of narcotics.

The big cities present the big problem for prohibition, as they present the big problem for crime of all sorts. If there are fifty thousand to one hundred thousand people in our metropolitan cities, as has been stated, who are getting their living by crooked methods, it is

easy to understand that no laws will be observed by such a group if the laws interfere with their plans. With such a mass of corruption actively engaged in its own schemes, it is not strange that the officers of government are subjected to temptations and strains.

After all, what all decent people are most interested in is in giving our children a fair start in life. In my judgment hundreds of thousands more children have had a fairer start in life since prohibition has been put in than existed in pre-prohibition days.

As I see it, the law is not observed, first, by "the idle rich"; second, by "the ne'er-do-wells," as Westbrook Pegler calls them; third, by the class who demand special privileges for themselves; and fourth, by the follow-tails; that is, the weak ones who just go along.

Editorial

FOR MUCH MORE than a half-century, Amos Alonzo Stagg devoted his life to football—to football as alternative to the ministry—the better to be of service to young men and boys. He died, just a few months ago at age 95, "The Grand Old Man of Football."

Graduating at Yale with high honors in athletics he began to prepare for the ministry at Yale Divinity School. After a year, thinking he could not become a good public speaker, he says, "I got down on my knees and asked God how I could be of real Christian service. That was when I decided to trade the pulpit for the athletic field." Specializing in football, he made good on that decision, to age 95. He was chosen Director of Athletics at 28 at the University of Chicago by his former professor of Hebrew, William Rainey Harper, who became Chicago's first president.

In this position Stagg coached at Chicago for 41 years in many of the greatest university games of the period; then 14 years at the College of the Pacific in California, six years at Susquehanna in Pennsylvania, and six at Stockton Junior College, in association with one of his former students as the active coach—thus totaling 70

years as student player and coach. He was one of the greatest coaches—certainly the one with the longest active service—in American football.

His coaching score was enviable—873 games won to 142 lost and 28 tied during his years at Chicago. As a graduate student at the university in those earlier years, I was always thrilled, although unable to attend, by the great Thanksgiving games in which Stagg led his team to victory over Michigan. Later at the College of the Pacific, he sent his smaller college team to victory over some of the great teams of the Pacific Coast.

Amos Alonzo Stagg was a friend of the Intercollegiate Association. He sent us annual contributions regularly for 36 years—the last in February 1956—H.S.W.

SKID ROWS AND ALCOHOLICS

(Continued from page 86)

needs members who have had an experience of God's presence. The alcoholic needs the Church in order that his spiritual experience may be clarified and enriched.

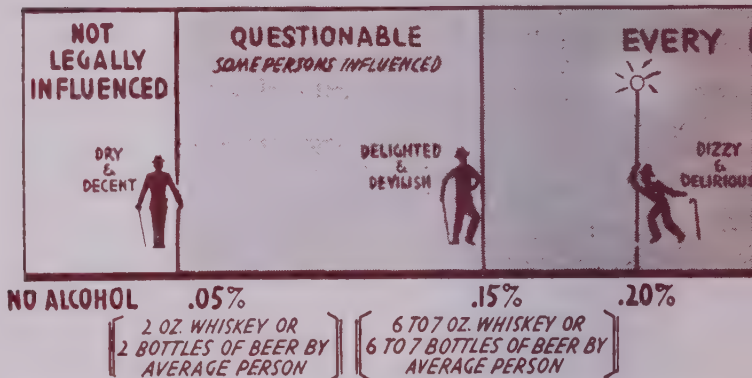
Only 7% of Alcoholics Now Being Reached

Provincial organizations, to meet the Alcoholic Problem in the form of foundations for research, rehabilitation and education are now found in Ontario, Manitoba, Saskatchewan, Alberta and British Columbia. These programs are a beginning, but only a beginning. Only six to seven per cent of Canada's 200,000 alcoholics are being reached. This means that about 14,000 are being helped by all of our present resources, A.A., private and public clinics, church missions in skid row and other locations. One can readily see what a major task lies ahead of us. Yes, 175,000 alcoholics are in need, many so desperate that at this moment they are contemplating suicide.

One Sunday, I gave an address on Alcoholism over the radio. Later I met several men who were alcoholics. When I found out that they had heard my address, I asked for their criticism. They said I could emphasize the **suffering** of the alcoholic, moral, spiritual and physical. When we think of these 175,000, let us remember

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THERE IS A DEFINITE RELATION BETWEEN ALCO



(Continued from page 95)

that this means much suffering.

Seven Times Per Alcoholic Is Society's Responsibility

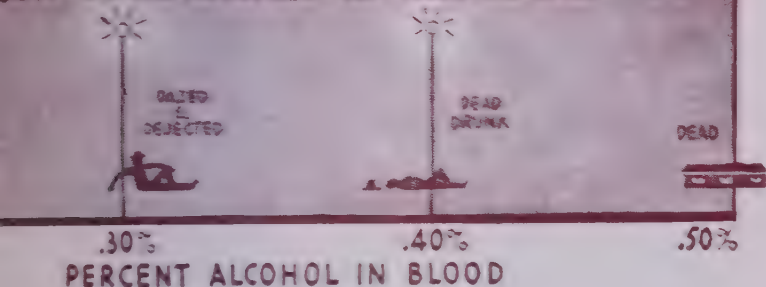
Marty Mann, a woman leader in this field, has stated that for every alcoholic, seven are involved. This means, mothers, fathers, sisters, brothers, and friends. 200,000 alcoholics multiplied by seven means that 1,400,000 are in need of help. Our society must realize that the magnitude of the task is staggering. Only as we mobilize the whole community can it in any large way be alleviated.

We cannot leave the task to Alcoholics Anonymous, to church missions on skid row, to foundations and clinics. They alone cannot keep up with the new addicts created each year. We all must sense our involvement. "I am my brother's keeper." There is a sense in which if I do not keep him, I shall not be kept. Our prayer should be, "O God, make me **aware**."

THE DEATH RATE, CRIME RATE and accident rate in a given community varies according to the average alcohol consumption. When alcoholism decreases, so do death, crime and accident rates; and relaxation of restrictions on alcohol is followed by a rise in commitments to asylums, hospitalizations, and delinquency.

—Dr. E. M. Jellinek, World Health Organization, United Nations

IN THE BLOOD AND DEGREE OF INTOXICATION
SON IS INFLUENCED IN THIS RANGE



*A Drastic Need
Today*

Let's Promote Safety With Education

By Gary Bruening, '60

Nebraska Wesleyan
University, Lincoln

ONE CAN hardly pick up his daily paper without reading the ghastly details of an accident said to be caused either directly or indirectly by alcohol. Figures recently released by the National Safety Council show that over 20% of all traffic accidents are attributed to alcohol. This in itself should be the cause for no small amount of concern but it is still not the whole story. Figures go on to show that a high percentage of accidents in industry and even in the home are also the result of being under the influence of alcohol. In general, alcohol is becoming a more and more serious social problem.

Less than a century ago alcohol posed only a fraction of the problem that it now does. In the easy-going

agricultural society of that era, the effects of over-indulgence in alcohol were limited for the most part to the victim himself and his immediate family and neighbors. This is not so today. We are now living in an advanced mechanical age. Where once the main source of power was the horse we now have highly complicated tractors, trucks, automobiles, trains, and airplanes. Indeed it seems that our whole economic society is based upon the work of such machines. Machines which require a high amount of skill to operate. Machines which require of their operator a cool head, steady nerves, and complete control at all times. Machines which if mishandled can cause untold death, suffering, and destruction. Machines which leave absolutely no room for one under the influence of alcohol.

It seems clear then that it is time to start doing something about the problem alcohol is causing. The only sane and simple solution is to eliminate alcoholic beverages as much as possible. But how is this to be done effectively?

The first thought that comes to one's mind is to pass legislation and remove it from the market by law. But let us harbor no illusions as to the effect any amount of legislation is going to have toward solving the alcohol problem. This country learned its lesson well during the days of prohibition. No act of legislation is going to change noticeably that situation which the reformers and preachers have been unable to alter for hundreds of years. While some legislation may be useful, alcohol is too much of a moral problem to be banished by a few laws.

The solution then seems to lie not in legislation but in education. The fact that there is a drastic need for education on the seriousness of alcohol is scarcely to be doubted by anyone. The question arises over how education is to be accomplished and through what medium. One would think that the school could and should play an important part in this process. At this point, however, difficulties are immediately encountered. What should the school teach and how should it be taught?

It is easy to say that only those facts should be taught which have been scientifically proven. But here arises another problem. Authorities do not all agree on the same points. One authority will be quoted as proof of one view and another authority of equal rank will be quoted as proof of the opposing view. Each side seeks to base its appeal on modern, scientific facts but it soon becomes obvious that these facts are not being used in unprejudiced search for truth but as a basis for propaganda.

However, in spite of its many faults, alcohol education through the school is not a lost cause. Just as the public schools are forbidden to teach biased attitudes toward religion or politics, they should refrain from teaching biased or prejudiced attitudes toward any subject concerning personal conduct and manners.

Such a program can be developed if a few simple needs are emphasized:

1. Much more, accurate research is needed. At the present time there are many gaps in our knowledge of alcohol and how it affects the body. We have much to learn.

2. In addition to more knowledge, we need a better, unbiased analysis of the facts. This is going to require that the authorities stop trying to spread propaganda for a pressure group and adhere to a policy of practicing tolerance when interpreting the facts concerning alcohol.

3. If any such program is going to appeal to the younger generation, it must be a program based on life and health; not death and disease. It must be a positive and constructive program. The only effective appeal is an appeal not to fear and prejudice but to intelligence.

If, and only if, these few important needs are adequately met, can we depend on our schools for unbiased alcohol education. It is this kind of an idea that could change the old attitudes toward alcohol and its dangers. It is this kind of a program which gives temperance a chance to promote that thing for which we are all so vitally concerned, "SAFETY!"

FIRST INTERCOLLEGIATE SCHOOL

(Continued from page 90)

first. If I don't make myself clear, I want you to feel free to stop me at any point and ask questions."

"O. K.," I said.

"This is our first attempt at holding an International Intercollegiate School of Alcohol Studies on the undergraduate level, so the project is almost as new to me as it is to you."

"Except that you've been thinking about it for some time," I suggested.

"Yes, it's been a dream of mine—and of others in the Association—for several years," smiled Dr. Warner. "There is so little material on this subject available to the undergraduate on the average campus, that to see my dream become a reality is a very satisfying experience. I just hope now that the School is fulfilling its original purpose."

"What was its original purpose?" I asked.

"The original purpose of the School was to provide a week of intense study, led by national leaders who bring a modern, concise interpretation of the alcohol problem as we face it today. We hoped that one of the outstanding features of the School would be an emphasis upon freedom of discussion and stimulation of creative thinking."

"Well, I think the School has certainly fulfilled these purposes, Dr. Warner."

"For a number of years we've had another project which helped develop this Intercollegiate School. This is our Editorial Awards Program," said Dr. Warner.

"L. T. mentioned that he received a scholarship because of writing which he had done," I said. "Was that one of the editorial awards?"

"Yes!" said Dr. Warner. "A very energetic young man by the name of Logan Roberts was one of our most active traveling secretaries years ago. Later he went into business and was very successful. He accumulated a large enough estate to set aside a substantial investment fund for us. We use the annual interest income

from this fund to provide the Awards to student writers and meet the expenses of this annual project. We are giving \$2,500 in awards this year.

"You might ask me the purpose of this program, and if it is fulfilling its purpose. I suggest that you make up your own mind after studying its functioning over several years. But first, let me explain what we hope to accomplish."

"Go on," I said.

"The purpose of the Roberts' Awards is to stimulate sound, objective and original thinking and writing on various aspects of the alcohol problem. The papers are judged on quality of research, accuracy of basic information, editorial style and clarity of expression.

"Evaluation of a project of this nature is difficult. But, the fact that hundreds of students all over the United States entered the contest this year, and the fact that we now have a summer school where the awards are presented is very encouraging to me.

"Also, we publish a magazine, 'The International Student,' six times a year. It is a digest of some of the latest and best writings on the problem. These are some of our major projects."

I had a combination of feelings as I sat there talking with Dr. Warner. I was honored by his interest in me. I was frustrated by my own feelings. I was excited because I had finally found a man who seemed to be motivated by a sincere concern for his fellow man; who was honestly and sincerely seeking knowledge; who not only seemed to have a love for wisdom, but who was also wise. I had found not only a philosopher, but also a man who was doing things.

Finally I broke the silence which seemed so comfortable by saying, "What are we, if I may now identify myself with the Intercollegiate Association, trying to accomplish in the long run? What are our goals?"

"Maybe I can summarize some of the things which I've said before and add a few new ideas by giving you what I consider the four major goals of the Association."

said Dr. Warner.

"Fine," I said.

"First, we want to present to faculty members, student leaders, students, and other interested groups and individuals, significant material to use and to examine objectively and frankly.

"Second, to promote study and discussion of the alcohol situation and problems in an objective search for truth.

"Third, to enlarge all constructive activities which have significant influence in education relating to the alcohol problem.

"And last, to create in the future leaders of public opinion a sense of concern and responsibility for intellectual service and leadership towards a freer and healthier society."

Again we sat silent for a few minutes. It was almost time for dinner. We could see the students coming to the building from all directions.

"Earlier in the discussion you said that you would explain the philosophy behind the Intercollegiate Association," I suggested.

"The philosophy of the Association is simple," said Dr. Warner. "Yet it is so sound that even those people who are making high profits from the liquor business have not and cannot question it. The philosophy is based upon the premise that freedom of inquiry will bring forth the truth. And with an insight into the truth we can find answers to almost any problem, subjective or social.

"It demands no pre-conclusion except that our program shall be honestly motivated. We justify our approach of recent years to this problem on two simple reasons: One, that there is a serious alcohol problem which needs immediate attention; and two, that objective study will better prepare all individuals to deal with it when they meet it in their personal lives, in their business, or their social experience."

After returning to Ohio State University I told Bill about the Intercollegiate Association and its projects. I told him how Dr. Warner was continually searching for

new techniques to stimulate the interest and leadership of young people. I also told him that Dr. Warner said that "with a changing world, we must be open to change, and thus eliminate the possibility of rejecting anything different or new which might lead to constructive action or thought."

Social Spread of Alcoholic Effects

A Gigantic Problem.

Selden D. Bacon, Ph.D.

ALCOHOLISM AFFECTS the afflicted individual adversely in all social aspects—marriage, job, religion, citizenship, property care and ownership, neighborhood and friendship associations, and so on; it affects the entire emotional life; it usually deteriorates physical well-being.

Adverse circumstances, illnesses or accidents may affect an individual in his amusements, in his daily routine, in his family life, or in several ways at once; rarely do they affect all of his life activities, relationships and beliefs, and affect all of them adversely. Alcoholism does. As a problem, alcoholism has increased significance because when it strikes the individual it hits his entire existence.

Alcoholism does not afflict the individual for a week or a month or a year as do most accidents and diseases; unless successful remedy intervenes, it will afflict the individual for life.

Alcoholism affects the associations to which the individual belongs or to which in the normal course of events he would belong. It affects wives, employers, parents, brothers and sisters, children, employees, neighbors. It weakens, deteriorates, disrupts. It costs money, time and strength. It causes heartache and, due to current public opinion, shame.

Condensed from an address, "Mobilizing Community Resources for the Attack on Alcoholism," at the Yale School of Alcohol Studies.

A Talk To A Medical Student

George D. Scott, M.D., O.M.

Queens University
Kingston, Ontario

TODAY, TREMENDOUS SOURCES of energy attacking the problems related to alcoholism. Governments are setting aside large sums of money to develop research, to plan and broaden treatment facilities, and to formulate educational methods to cope with the problem. The clergy continually remind their congregations that alcohol interferes with man's moral relationship with God. Police departments are campaigning against alcohol over-indulgence. Even liquor companies reiterate moderation in domestic consumption of alcohol.

What is the problem? Do people deliberately consume a drug whose toxic effects are known? Are drinking people aware of all the forces and counterforces swirling around them? It is obvious that the consumption of alcohol must be based not in reason, but in a complexity of factors, both obvious and concealed, which cannot be either controlled or eliminated by the combined forces of government, religion and science.

Why It's So

Alcoholism is a problem because of one very simple physiological fact. Alcohol acts on the brain to produce a progressive depression of higher functions. This action reduces the sensitivity of the finer discriminations of the mind, releasing pent-up inhibitions and drives.

At this point, it must be recognized that our culture is based upon laws of inhibition and controlled behavior. A conformity at all levels in all activities is expected. Aggressiveness, which is a native, individual and instinctual response, has been converted by our social

Reprinted from "Alcoholism Research," Toronto 9, Ontario, July 1957. This article appeared first in the Queen's University Medical Review under the title, "A Talk to a Medical Student on Alcohol." Dr. Scott is a psychiatrist in private practice and a clinical assistant in psychiatry at Queens University.

morals to the point where any aggressive activity is questioned as unbecoming, erratic and unnecessary.

These persistent daily restrictions of our vital forces produce a controlled behavior which has its center of action in the cerebral cortex of the human brain. As alcohol inhibits these centers, the individual is temporarily removed from his socio-cultural restrictions. The individual happily regresses to escape from his frustrations, forgets his worries and feels free to express himself.

Little Need for Some

In acceptable proportions, alcohol may reduce a tense, anxious person into a state of relaxation and comfort. The apparent friendliness and warmth of a cocktail party is due to this temporary reprieve from the sentence of inhibited living. A person who is well adjusted and is able to express his aggressive traits has little need for this chemical inhibitor. An individual who is seething with hostility and resentment finds that alcohol gives him tremendous relief. A need is established and alcohol assumes the role of protector from difficulty, worry and tensions.

Our thinking now logically moves to the observation that not all individuals are similarly affected. Why do some become alcoholics, others occasional drinkers and still others abstainers? The answer lies in the fact that no two people are alike, have the same experiences, and consequently they have different needs.

Personality is a multifactorial composite, a sum total of an individual's characteristics. These traits develop from birth and are the result of environmental forces acting on an individual, conditioned only by the forces of heredity and the attributes of his constitution.

A child's personality is shaped by all factors in his life including the influences of his mother and father, combined with the rivalries of his brothers and sisters and all other incidental adventures of both pleasant and unpleasant nature.

Three General Groups

The end-product psychologically may be one of three general groups. An excessively aggressive reaction to life may be found with personality features of marked drive with consequent conflict with authority, first parental and then general. A compensatory excessive control is set up by the forces of personality. On the other extreme is an exceedingly dependent person who has been smothered by parental dynamics to the point of submissiveness, loss of confidence and loss of drive. The repressed motivation is for aggressiveness and assertiveness. The third group is the "normal" reactor whose responses reveal a satisfactory adaptation with a minimum of conflict in the fields of aggression and submission.

Alcohol has a peculiar significance to both extremes. The excessively aggressive, yet controlled person finds that alcohol relieves his tensions, softens his demands and for short periods brings him into acceptable harmony with those around him. The dependent person finds strength and confidence in alcohol. He handles his inter-personal relationships with ease and is able to be determined and for short periods to be dynamic and forceful.

To these groups, alcohol has a specific significance. Alcohol is searched out for its helpful effects. It is needed and is a source of strength at any time of stress. It becomes an actual part of the person's life. This dependency upon alcohol is known as alcoholism.

The Doctor and Alcohol

Let us now focus our thoughts on alcohol and its role in a physician's life. It has been said there is a high percentage of alcoholism in the medical profession.

A physician's life is neither peaceful nor planned. He is at the call of his demanding patients. He is asked to diagnose and to treat many cases but in addition he becomes an integral part of his patient's lives. His own tensions instinctively respond to his patient's troubles. Behind all the stress of tragedy and death lies the physician's personality with emotional needs of his own.

ALCOHOLISM and race consciousness are two conspicuous sources of danger to Western Civilization. A mixture of atheism, materialism, socialism, and alcoholism has been the cause of the decline and decay of nineteen out of twenty-one civilizations. —Arnold J. Toynbee, **Civilization on Trial**.

Persistent demands take him from his home, his children and his recreations. Compensatory mechanisms of rest and relaxation are denied because of his sense of duty and urgency.

In some cases, emergency relief is sought to control and balance his emotions, to quiet his irritability and to compensate for his loneliness. Too often, it is found in the immediate anaesthetic effects of alcohol. Tensions are reduced. Relaxation is insured.

Temporary Only

This relief being temporary, requires reinforcement. As the demands of practice increases, more alcohol is needed, more frequently and in larger doses. With the concomitant loss of judgment associated with alcohol, the physician feels equal to his tasks and "knows" he is carrying on well. Alcohol becomes his food and his master.

Eventually, then, environmental stresses and the effects of alcohol begin to control the tired brain. Life is from one anaesthetic drink to the next. A state of seemingly hopeless addiction is produced.

We can conclude that physicians and physicians-to-be must be extremely careful not to become entangled in the pathological dependency. In many areas physicians blindly ease themselves into alcoholic addiction, knowing full well the consequences, yet carrying on under the disarming premise that "it can't happen to me; I'm a doctor."

It is now appropriate to consider the prevention of alcoholism and secondly the available methods of treatment.

The important point in the prevention of alcoholism

is embodied in education concerning alcohol. Government agencies have publications available on request. The Alcoholism Research Foundation in the Province of Ontario has carried out an extensive program of education, treatment and rehabilitation.

The Warning Pattern

It is important to educate the public to the drinking patterns which lead consistently into alcohol addiction. The pattern is simply described under the name "The Thirteen Steps to Alcoholism." This information had its source in a questionnaire sent to men who knew alcohol best, the ex-alcoholics.

A summary of these 13 steps is available in a Foundation publication entitled "When To Say When."

It is apparent that alcoholism develops in the average case over a period of 15 to 20 years. It may be attacked at any phase of its progression if the patient is cooperative. Circumstances may hasten it or retard its progression.

The treatment of alcoholism implies a knowledge of the causes of personality distortion. There have been many recommended methods of handling the alcoholic, but unless they are oriented around the balancing of the emotional needs of the patients, effects of therapy will be short and disappointing.

Various Therapies

The conditioned reflex treatment of alcoholism is based on the establishment of an aversion to alcohol by injecting a nausea-producing drug while giving the patient alcohol. This produces a conditioned nausea for alcohol. The technique requires continuous reinforcement and can be broken down by deconditioning.

Antabuse aversion treatment is based upon the production of uncomfortable symptoms of headache, chest tightness, perspiration, fast-beating heart and general fatigue. These symptoms develop from toxic acetaldehyde, liberated when a patient taking antabuse by mouth ingests some alcohol. In short, he is made so sick he cannot continue his drinking.

Prolonged forced abstinence has been recommended

THE TENDENCY today is to blame alcoholism on everything else but alcohol—frustration, unhappiness, anything. The truth is that perfectly normal people, happy people, can become addicted to alcohol through chronic consumption; or, in plainer words, too much social drinking.—Dr. Anton J. Carlson, University of Chicago.

and is carried out by institutionalization in jails, reformatories and hospitals. This type of treatment creates additional resentment, disturbs the personality dynamics and pushes the patient headlong towards his alcoholism.

"Taking the Pledge" was an accepted method of treatment in the early years of the century. Here the individual signed a pledge renouncing alcohol in fear of eternal hell and damnation.

These various methods of treatment have proven themselves to be inadequate. They are examples of "Retributive Therapy," and are essentially punitive in nature.

Contributive Therapy

Contributive Therapy is a scheme of treatment designed towards contributing the maximum possible support to the alcoholic and his problem. This is an all-embracing attack on the patient's emotional structure. It is directed towards producing an awareness of belonging, and a feeling of acceptance. There is a closely established identification with those who have had similar experiences. Simple defined religious concepts form an integral part of the framework of this rehabilitation.

This is the most successful approach to the alcohol problem. The Alcoholics Anonymous program is directed in this manner with great success and is now the keystone of successful therapy. Other schools have developed similar programs with a shift of emphasis to other areas of readjustment, but the principles of contributive help are consistent.

Toward Social Maturity

Contributive therapy produces a social maturation. The patient becomes responsible to his group, and

through the group, becomes responsible to himself. A rehabilitated alcoholic is an extremely grateful person. He reinforces his experiences by helping others afflicted by the same conditions. He lives with four slogans, a 24 hour rule and an AA prayer in his mind.

The slogans are based upon the merits of tolerance, proportion and acceptance. "First things first." "Easy does it." "Live and let live." "It is the first drink that gets you drunk."

The 24 hour rule advises the alcoholic to take each day as it comes "neither worrying about the past, nor anticipating the future."

The AA prayer is beautifully concise: "God grant me the serenity to accept those things I cannot change, the courage to change the things I can and the wisdom to know the difference."

It is an enigmatic fact that from the painful experiences of the alcoholic, such simple and practical wisdom has appeared. His philosophy is the work of love, happiness and security based upon his identity and respect for his fellow man.

Who Is Sick?

Countless "well people" never find these goals. They eke out their selfish lives in a faded halo of assumed importance and self righteousness. They live and die and contribute little to the welfare of the common man. Who then is really sick?

HOW DID THEY 'GET THAT WAY'?

"Absolutely no alcohol is permitted on the premises," said the man in charge of a Denver Waitress and Bartender School," in a recent news report. "Clubs and restaurants desire personnel who are able to mix any of hundreds of fashionable concoctions quickly, adroitly and without waste."

The shooting climaxed a wild drinking party during which Martin fired some 30 shots from the gun with which he was killed, detectives said.

—*Ohio State Journal*, Jan. 27, '58

It has now been demonstrated that the efficiency of driving is influenced by smaller amounts of alcohol in the blood than hitherto believed to be of significance.

—*Public Safety*, Apr. 1956

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The Intercollegiate Association

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February, 1958

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FEATURES IN THE APPROACH

Of the Intercollegiate School of Alcohol Studies
Waterloo College, Kitchener—Waterloo, Ontario,
August 23 - 28, 1958

Purposes

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THE
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STUDENT

- And Digest of Alcohol Studies

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The Intercollegiate Association; report of the
General Secretary

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How Did They Get That Way?



Union Building, Southwestern University,
Georgetown, Texas (Page 123)



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THE INTERNATIONAL STUDENT

Harry S. Warner, Editor

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*"Objective Study
in Preparation
for Service"*

Waterloo College, Waterloo, Ontario

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An Editorial Review
of Dr. R. Gordon Bell's

"Alcohol and Tranquilizers"

Published by
Maclean's, Toronto

THAT ALCOHOLISM has increased alarmingly throughout North America in the past ten years, in spite of all the modern and very greatly increased efforts being made to control it, may be inferred, even fully indicated, from a substantial article by Dr. R. Gordon Bell, just published in Toronto.

This startling observation is drawn from a scientific study of very recent trends in Ontario, where the situation is possibly little, if any, different from what it is in other provinces of Canada and throughout the United States.

Briefly, Dr. Bell reports that "Alcoholism has doubled in Ontario since 1946. This enormous increase is not confined to Ontario . . . what has happened in Ontario has, I believe, happened in the rest of Canada and studies in the United States indicate it has happened there." He makes it clear this increase means per 100,000 of the adult population 20 years of age and older—not the increase due to growth in population. He bases his estimate on a formula developed by Dr. E. M. Jellinek, now consultant for the World Health Organization, Geneva, Switzerland.

"It would be alarming enough to report that alcoholism has doubled in over a one hundred year period. But it has doubled, according to the best statistics available, over a ten year period."

This article was published in full by MACLEAN'S, "Canada's National Magazine," Toronto, February 15, 1958. Dr. Bell is medical director of the Bell Clinic, and member of the Medical Advisory Board of the Ontario Alcoholism Research Foundation.

Dr. Bell will be a speaker at the Intercollegiate School of Alcohol Studies, (International) at Waterloo College, Kitchener-Waterloo, Ontario, August 24 and 25, 1958.

Recounting the many new efforts, medical and educational, that have been taken during this same period, to combat alcoholism, and that are now becoming increasingly effective and popular, this article mentions as most constructive: The new provincial and other programs of treatment, research and education; recent clinical methods of treatment and rehabilitation; the increasing number of physicians who are treating the alcoholic; the special hospitals being established; the educational activities of some industries; the present-day emphasis on the health aspects of the problem; the new objective approach in education and by the temperance organizations; and the unique work and programs of Alcoholics Anonymous.

Chance of Becoming An Alcoholic Doubled

Among the implications of this present increase in alcoholism Dr. Bell includes two of particular significance: First, that young people today stand twice the chance of becoming alcoholics as they would have in 1946. Second, that "there are still more people dying each year as a direct or indirect result of alcoholic disease in Canada than are being helped by all agencies combined." He explains that very few of these victims know anything at all about the new and effective ways of help that are available to them. He also expresses his belief that "there are also more **new** cases each year than are being helped by all agencies combined."

Surely this situation gives little opportunity for optimism as to what modern scientific and rehabilitation efforts have been able so far to accomplish alone.

"By now you should realize that very little has been accomplished in treating the problem as a whole, and absolutely **nothing** has been accomplished in prevention. We can't even begin to check it, let alone prevent it. What is the immediate outlook for more effective action? In my opinion, it is very poor."

As to reasons why modern scientific and educational efforts have failed to prevent—even to reduce—the presence and spread of alcoholism in every-day living, Dr.

Bell suggests first that the experts, psychiatrists, sociologists and others, have conflicting opinions about the main causes of heavy drinking. There is no agreement even on terminology, or clinical procedures, or areas of research. The implications of this lack of cooperation he regards from the viewpoint of public health, as "nothing short of frightening."

Then, seeking to make his own position clear, he defines his understanding of addiction, and goes **very fully** into a field of research and study that, to the general public, and even to the experts, is something new — an understanding that is ignored by most experts, and almost wholly unknown to the layman citizen.

Why Habit-Forming

He does this by classing alcohol among the many drugs with addictive tendencies, lets it stand out clearly as a drug. He discusses the qualities that make such drugs habit-forming; addictive. It is the answer he gives to this question that makes the article intriguing to the average student of the problem of alcoholic drink in human society and gives the expert and research student occasion for a broader—as well as a deeper and more accurate—study into why so many, many people reach the habitual, habit-forming, then addictive stages that end in alcoholism.

This factor is that they all produce some type of welcomed sensation of pleasure, then easily become habitual, then habit-forming, and addictive. They all offer relief from unpleasant feelings, pain, tensions, frustrations, depression, and tend to develop an exaggerated sense of well-being, the first stages of which are euphoria. Any drug that produces these effects may be considered an habituating drug.

The article may open a vital and almost certainly controversial opportunity for further study of the comparative consequences in society of the wide use of the various popular drugs, especially alcohol. It compares the situation in 1800, when there were only three or four known substances that could be considered as nervous system depressants or stimulants, with that of today

with our hundreds of habituating drugs, from tranquilizers through narcotics. Dr. Bell reports that some druggists are concerned; that the present use of tranquilizers is tremendous; that the rate at which they are gobbled up by the public represents an additional use of nervous system depressants; that the spread of their use has not taken the place of the older narcotics, either the opiates or alcohol, and that the public has come to be dependent on nervous system depressants to an extent never heretofore known.

But with all this change, alcohol continues to be by far the greatest source of toxic effects and alcoholism. With all these other habit-forming drugs available, its part in producing intoxication and addiction in the individual, and unhappiness and danger in daily living is greater than that yielded by all other drugs combined—the opiates, narcotics, modern nerve depressants and tranquilizers.

Nervous System Depressives Are Big Business

Therefore, he concludes, "In Canada and the United States, we should give alcohol first place as a hazard to health . . . Of one thing we can be very sure when we add together the sales of nervous system depressants from the alcohol beverage industries and the drug houses, we realize that the nervous system depressant business is very big business indeed."

Perhaps the most challenging inference, or coordination, that may come out of this article, is the way it identifies the need, use and dependence of so many people on habit-forming amounts of depressant drugs. It suggests that counting on drugs for satisfactions that should come from normal, healthful means has become a "way of life," that goes far beyond the critical use that should be limited by medical prescription of any and all of those drugs, of which alcohol is overwhelmingly the chief.

(Continued on page 135)

What Is The Alcohol Problem?

E. M. Jellinek, Sc. D.

A Condensation

TO DEAL WITH the problem of alcohol as a totality, is the purpose of this discussion. Specialists present particular aspects, physiological, psychological, clinical, legal, social, educational or religious. But specialists are limited to their own fields. Each may present his material with such emphasis as to make it appear to be the quintessence of the problem. Some are aware that they deal with but one aspect; others, blinded by their specialty, see in other fields only some slight contribution to which they must be tolerant.

The knowledge that the public gains of the alcohol problem, if any at all, is always that of one aspect or another; practically never the problem itself, since it is difficult to speak of complex problems as a whole.

Complex — Not Simple — Problem

Thus it comes about that the alcohol problem has been oversimplified, resulting in much confused thinking. Unless it is approached with respect for its magnitude and complexity, as are the other problems in the science of life and society, progress will be slow.

I cannot express the alcohol problem as a whole. However, I shall endeavor to give a perspective of it, to determine the residue that may be regarded as the problem itself, and to arrive at a balanced evaluation.

To apply science to the alcohol problem is to find the relation between science and life. Abstinence from the use of alcohol is one aspect; drinking is another. Any scientific view that does not take abstinence into account is incomplete.

Condensed from a basic lecture at the first Yale School of Alcohol Studies, July 12, 1943. Dr. Jellinek was one of the organizers, and for years the director of the Yale School. He is now director of the World Health Organization, a section of the United Nations.

Drinking is a continuous variable which runs, not merely from zero to some positive value, but from some negative point, through zero, to a positive limit. The zero point may be represented by those who abstain because of personal dislike or low tolerance; the negative, by those who regard the beverage use of alcohol, without reference to degree, as anti-social. I shall relate the assets and liabilities of the scientific approach. This should have an increasing influence on the neutral masses who play a decisive role in the practical handling of the problem.

Usually Over-simplified

The scientist recognizes the complexity of the problem, but not fully; he, too, simplifies. But if the view of the scientist is incomplete, that of the temperance movement is even more so. And over-simplification retards progress. On the other hand, the temperance movement has an important asset. It recognizes that economic interests and the interactions of capitalistic society play an important part in the problem. The scientist in his laboratory has not seen these implications. A solution based exclusively on scientific findings would lack an element, the consideration of which is imperative. In its stress on the economic factor, however, the temperance movement has developed a liability, for from anthropological material, we see that the use of alcoholic beverages persists in primitive societies for thousands of years in the absence of fostering economic interests. Evidently the economic factor cannot be divorced from the cultural and personality factors, which furnish a ready market. Stress on either aspect alone gives rise to incomplete and temporary solutions.

Perspective — From Distant View

A writer of the sixteenth century, Sebastian Franck, a reformer, historian, philosopher and religious writer, knew the people of his day from the inside out, their ways of living, their folklore, and the role that drink played in their lives. As early as 1531 he published a book, **The Horrible Vice of Drunkenness**, which had grown out of deep insight into the problems of this day.

Seriously moved by the consequences of inebriety, he gave little thought to its bodily effects, which he listed as "a bad, untimely old age; stupid, dull head, vertigo; trembling of the hands; podaga; dropsy; and, as the saying goes, water on the brain."

Franck thought that "Bacchus killed more men than Mars," but he did not attribute all these deaths to the direct effect of wine. He expressed the modern idea — lessened resistance to disease. He did not pay much attention to the description of acute alcoholism which others dwelt upon in great detail. He noticed individual differences in response to overindulgence:

"This man sings, that man weeps. One man wants to fight and the other wishes to count the money he does not even have. One man becomes abusive, another meticulously polite. One boasts and another belittles himself. One falls asleep, another vomits. If these men are not fools, I do not know what a fool is."

Ethical Depreciation Crucial

While Franck deplored the bodily consequences, he did not regard them as the main issue. The crucial point, in his view, was the ethical deterioration of the chronic alcoholic. His description of this ethical and intellectual deterioration is disjointed, but when pieced together, it reads much like the modern description of alcoholic deterioration by the great Swiss psychiatrist, Bleuler. This ethical deterioration, to Franck, was a source of evils on a national scale. This ancient yet modern sociologist regarded as inebriety, not the individual but the national manifestations of excess . . . that the spending of the larger part of the people's income was on wine. In turn this led to theft, pauperism, murder, and drove women to prostitution.

Origin Found in Customs

The difficulty in remedying this condition, Franck found, was that the habit was present in the higher social classes: "Those who should punish it are themselves in the hospital." Antipating modern sociologists, he saw the origin of habitual drunkenness in social customs. He saw the prestige that social acceptance had

conferred on drinking. Most significant, however, is it that he saw the barrier against the eradication of drunkenness in that half amused, half condemning attitude with which society now views the drunkard. Recently this phenomenon has been described by Myerson as "social ambivalence" toward alcohol.

In the midst of his thundering against drunkenness, Franck said: "Much has been tried against drinking among the Germans but nothing has been achieved. The legislators have failed . . . It (drinking) is too deeply rooted and sin has become a habit. All would have to be reborn and receive new heads. A new world would have to come."

We need not share Franck's pessimism, but what he said about a "new head" contains the quintessence of the nature, as well as of the solution, of the alcohol problem. This sixteenth century sociologist had seen that inebriety is not an isolated phenomenon, and cannot be attacked as such. His remark about a "new head" implies that he recognized inebriety as an element in a vast pattern. His pessimism was due to his not realizing that even cultural patterns may undergo change.

Background Problems

It is useless to attack a single point in an area, for it will be regenerated by all the other points to which it is related in that area. Action should be directed at the area itself. The understanding of this complexity is prerequisite to discussion and solution of the alcohol problem. If one is devoted to legislative ideology, he must devise a system of legislative and social measures that will tend to bring about a new pattern of life. In the educational approach, the "new head" or new way of life must be included as ultimate goal. Facts relating to alcohol are not enough; the approach must be directed to that complex of social attitudes within which escape through intoxication forms a part.

It cannot be broken down by the enumeration of scientific facts. The scientist must appreciate that the appeal of cold reason does not reach the masses. He

(Continued on page 127)

Campus Seminar for Problems of Alcohol

LIMITED TO 100 participants—90 students and 10 faculty-leader members—a two day all-campus seminar at Southwestern University, Georgetown, Texas in March, gave particular attention to the problems of alcoholic drink as these problems confront young adults—especially college students—in the culture in which they are living today.

In the group were representatives of the various types of backgrounds—thinking and lack of thinking—that are to be found on the average campus this year of 1958.

For the most significant feature of this one-college glorified "discussion group" was not the high quality of the speakers invited, **although these were of the very best**; nor in the attendance, limited by personal invitation to campus leaders; nor in the freedom of "give and take," hear and question back, for that is normal procedure in colleges these days; nor in the publicity gained, for that was not an objective. The characteristic feature was the process adopted at the time of organization in October to include every shade of attitude, toward or away from, alcoholic drink, temperance, alcoholism, to find some way more creative than any conventional "approach," and to enable the session to function in the patterns of democratic society.

Beginning with a few leaders who had this philosophy firmly in mind, a committee of 10 from as many different agencies at Southwestern, mostly students, decided to make it a leaders conference by invitation, each having promised to attend every session. Those who participated included representatives of the student government; fraternities, sororities, and independents; editor of the college paper; drinkers and abstainers; ministerial and non-ministerial students; athletes and non-

athletes, proportioned to a cross-section of the entire college. "We did tend to slight the seniors a bit, weighing the group a little more heavily with freshmen and sophomores for obvious year-end reasons," said one convenor. On the whole, in spite of wise-cracks, it was a serious minded lot who shared in the seminar—more so, as it turned out, than the organizers anticipated.

Another step in preparation was a survey of attitudes and drinking patterns made in advance by students in a class in Social Problems, under the guidance of Dr. Frank Lukes, professor of Sociology, using some of the questions asked in the extensive survey, "Drinking in College," made by Yale University.

Students who accepted the invitation were expected to read in advance: "Basic Information" by Albion Roy King; "Drinking in College" by Bacon and Straus of Yale, and as optional, "Should Christians Drink" by Everett Tilson.

Beginning with an orientation seminar, the program as it matured during the two days included basic information lectures on "The Scope of the Alcohol Problem," "Reasons for Drinking and Not Drinking," "Prevention of Alcoholism" and "Drinking as it relates to Family Life" by Dr. William Cascini, Sociologist of Nebraska Wesleyan University, Lincoln:—

"Effects of Alcohol in the Human Body," "Psychological Reasons for Drinking," and "Helpful Attitudes Toward Myself and Others," by Dr. Robert Dovenmache, psychiatrist of Duke University Hospital, Durham, N.C.:—

"Ethical Problems Involved in Facing the Alcohol Problem," "Toward an Adequate Approach to the Problem," and "What Do the Churches Say About Drinking?" by Dr. Albion Roy King, Professor of Philosophy, Cornell College, Mt. Vernon, Iowa, President of The Intercollegiate Association for Study of the Alcohol Problem.

A panel of three visiting speakers discussed from many angles the relations between the custom of drink and other social problems of today.



The Seminar in Action, Bob Regan presiding

Two recent scientific films, "To Your Health," and "Current College Drinking," presented by Robert Regan, Jr., the latter including a discussion of the sociological survey that had been made at Southwestern previous to the seminar, were parts of two evening sessions.

Small group sessions each day gave opportunity for free, intimate discussion, with interest centering in such questions as, "Shall I Marry a Drinker?", "What Shall We Teach Our Children About Drinking?", and related questions coming up most frequently.

A final half-hour evaluation concluded the Seminar program. Two chapel addresses by visiting speakers and frequent articles in the college paper, **The Megaphone**, including a report of the local college drinking survey, gave publicity to what the 100 were doing.

The Seminar was sponsored by the college, the Department of Student Work, Methodist Board of Temperance, Washington, D. C., represented by J. Robert Regan and the Intercollegiate Association, represented by Dr. Albion Roy King, as President.

A somewhat similar Campus Seminar at Alabama Polytechnic Institute, Auburn, Alabama February 23-25, was organized primarily for the Methodist students of that university. Approximately 100 participated. A

team approach, that included a psychiatrist, a professor of education who had attended the Yale School of Alcohol Studies, and J. Robert Regan, Jr., was the main feature of the program. The seminar proved to be very effective, although it did not involve the whole campus.

An all-college seminar at Randolph Macon Woman's College, Va., March 11-15, was planned by Miss Patricia K. Allison, student, who had attended the Intercollegiate School of Alcohol Studies at Nebraska Wesleyan, Lincoln, Nebraska, in the summer of 1957, and Dr. Wayne W. Womer, Richmond, a frequent lecturer at the annual Intercollegiate Schools. Dr. Ebbe Hoff, head of the Alcoholic Rehabilitation Program of Virginia, Dr. Womer, and Rev. J. Robert Regan, were resource speakers. It is reported to have been very effective.

A similar program is scheduled for mid-April at Emory and Henry College, Virginia, the leadership to include Dr. Clarence Shettler, sociologist, Duke University, Dr. Haskell Miller, Wesley Theological Seminary, Westminster, Maryland, and J. Robert Regan.

These campus seminars seem to have developed and fully tested a pattern of approach, a method of procedure and an objective educational attitude that may well be broadened to include other agencies interested in the problems of alcoholic drink as they face younger adults as well as college students today.

FORM OF BEQUEST

I GIVE AND BEQUEATH to the Intercollegiate Association for Study of the Alcohol Problem, a corporation of the District of Columbia, Washington, D. C., the sum of dollars, to be used in the work of the Association.

Headquarters, 12 North Third St.,
Columbus 15, Ohio

What Is the Alcohol Problem?

(Continued from page 122)

must not protest when his findings are translated into terms of every-day life. Only thus can the emotions be reached, and only through emotionalization, can an effective appeal be made.

Changing Culture

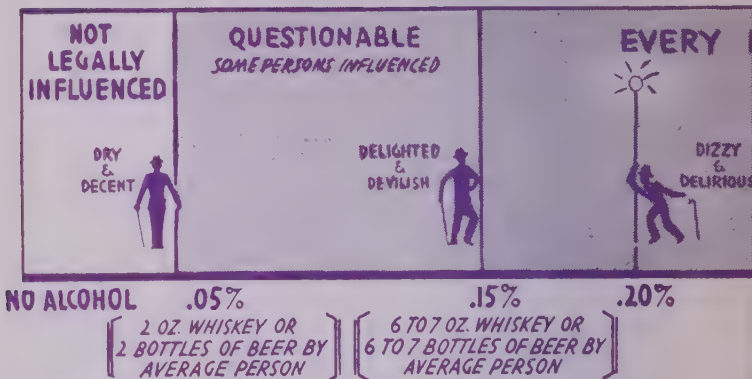
In ancient Greece there was general use of wine without much inebriety. A brake was put on drunkenness through the unanimous attitude of the nation—an extraordinary contempt for drunken behavior. Whether such attitudes can be developed I do not know. But the existence of counteracting forces, counter-anxieties, shows the possibility. Such reconstruction may be directed toward either abstinence or moderation.

To "Educate Society" sounds impressive. As the therapist endeavors to develop and exploit the assets of his individual patient, to reorient him, and to guide him toward the most advantageous use of his resources, so may we, in the education of society, have the same elements in mind. Frequently a patient, for the adjustment of his difficulties, is given a substitute that is more acceptable socially than the intoxication to which he has had recourse. In society, these elements may be generalized, but the educational process fundamentally is analogous to the treatment of the individual alcoholic.

Realism or Escapism

In the more specific psychological and physiological aspects of the problem, it may be noted that the vast volume of experimentation that has taken place shows little about motivation. The wide range of psychological functions that are affected by alcoholic beverages, and an idea of the magnitude of the effects, have been demonstrated, but they have not contributed to our knowledge of the acquisition and development of inebriety. The experiments show that the effect on the central nervous system is not stimulation, but depression. It is this effect of alcohol which makes the alcoholic beverage *par excellence* a vehicle of escape from reality, from self-imposed inhibitions and from those of

THERE IS A DEFINITE RELATION BETWEEN ALCO



society. We did not learn from psychology that alcohol gives this release. It has been known for thousands of years. What experimental psychology has contributed is the knowledge that the mechanism of release is not one of stimulation but of abolition of inhibition through cortical depression.

Meaning of Recent Experimentation

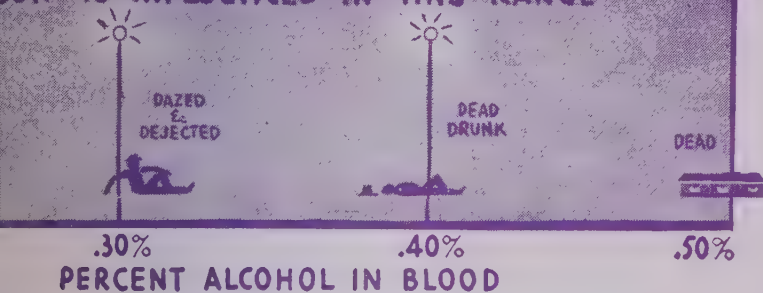
The true significance of psychological experimentation lies in its exploration of the extent of psychological effect in relation to large and small quantities; the problems arising from the use of alcohol, rather than the answer to why men drink, and why some become problem drinkers. This knowledge is of great practical importance to industrial and traffic problems; but its discussion is not a discussion of the alcohol problem.

Drinking Per Se as the Problem

Of great significance is the contribution of psychiatry, although each psychiatrist—the prison expert seeing only a highly-selected stratum of the drinking population, the morons and criminals that come before him; the mental hospital psychiatrist, noting the symptoms of mental disorder; the physician, with experience in a general hospital; the physician or the psychiatrist to whom the inebriate comes for advice—all these special-

IN THE BLOOD AND DEGREE OF INTOXICATION

SON IS INFLUENCED IN THIS RANGE



ists see only that heavy indulgence in alcoholic beverages leads to certain consequences which demand a remedy. To them, the alcohol problem is the correction of these consequences. They do not see drinking per se, as a problem. Social pressure, folkways, the pressure of economic interests, the ambivalence of society toward alcohol, seem to them merely vague incidentals in the problem.

A clear discussion is possible only when it is realized that **there is a problem of alcohol, as well as a problem of the alcoholic.** While the two are closely related, they must be distinguished, and each dealt with in its own terms.

To fully understand the problem of inebriety, the whole population of users must be studied, from the moderate to the excessive user, the compulsive and the chronic alcoholic. To consider the moderate user, it will be necessary to define moderation; that is not easy. No definite standard has been found, especially in relation to quantity. Haven Emerson has given a definition that includes, used with caution "only after the day's work of mental or physical effort has been completed, and only if inactivity or at least no responsibility or demand for skilled performance is reasonably assured

for the next couple of hours." Dr. Emerson presumably states this criteria because as long as we live in a drinking world such a statement may be useful. Quantity alone does not determine moderate use. What Dr. Emerson means is that one can speak of moderation only when the intake will not interfere with responsibility, and when the only aim is relaxation.

Moderate and "Problem" Drinking

In motivation, the moderate drinker is distinguished from the problem drinker in the degree of alcoholic relief sought. Anxieties, frustrations and conflicts are the mainsprings of unconscious motivation to the moderate as well as the excessive drinker. Every normal person has anxieties, but usually he is able to manage them, does not lose his head; he has a well-organized personality. In contrast, there are persons who cannot face frustration, whose discomfort becomes so great that they wish to escape completely. They are the problem drinkers. But their personality structure is not the only determining factor. If the social set imposes heavy penalties for intoxication, they may take recourse to other escapes. Or the moderate drinker, placed in a group which cultivates excess, may accept alcoholic relief as an easier way than the normal handling of his difficulties.

Main Source Factors are Social

Among excessive drinkers, from 10 to 20 per cent have become so only after the development of a mental disorder. To these, inebriety is only a symptom. More important is the individual who has no mental disorder, but who deviates from the normal sufficiently to solve his conflicts in socially unacceptable ways. But this so-called problem drinker also forms only a small part of the inebriate population. The largest part appears to come from entirely normal origins, brought to excess through social factors, rather than personality factors. Ultimately they, too, become medical problems. Primarily, therefore, inebriety is a social problem which, secondarily, takes on medical aspects.

If the problem of alcohol and the problem of the alcoholic are distinguished from each other, the former emerges as a product of the interplay of sociologic and personality factors. The physiological effect of alcohol, in itself, would not give rise to the alcohol problem if it were not for the existence of those socio-individual interactions for which the effects of alcohol offer a "solution." Furthermore, even the existence of these interactions would not lead to this specific "solution" but for social factors which facilitate the use, and to a certain extent foster the abuse, of the substance.

The Intercollegiate Association

Report of the General Secretary
for 1957

December 31, 1957

WITH THE END of 1957 the Intercollegiate Association has reached a position that, for this report, includes two aspects that I wish to emphasize at this time:

First, the respect and confidence that has come to it, in recent years, as a result of the objective, scientific and independent approach it has been making in its educational program on the Alcohol Problem, and problems, in modern society.

Second, the fact that it can now face the future—the coming year—in a financial position that surpasses any that we have heretofore known in the history of the Association. This is the most significant item in my report for 1957.

For the first time since the depression—reaction period of "the thirties,"—the Association is free from debt; indeed, a trace of this handicapping obligation that goes back even to 1920 has also been completely removed. These old obligations have been paid in full, largely by designated gifts received in January, June and Decem-

From the annual report to the International Council of the Intercollegiate Association, January 3, 1958.

April-May, 1958

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ber of this year. Regular income has slowly increased. The budget for 1957 is balanced - all expenses paid or guaranteed by checks definitely promised for 1957. In addition, there is a substantial balance of several thousand dollars in the bank reserved for budget and prize awards of 1958.

Beyond this favorable current situation, we have over \$80,000 in long-time investments and similar funds yielding semi annual income that gives permanence and stability to the work of the Association. Therefore, I feel certain that we are today in the best financial condition in the Association that we have ever been.

Most of this improvement occurred in 1957. In addition, we have carried our regular program of activities of recent years, although not able to enlarge them, and thereby prepared the way for a more positive advance and increase in 1958, with a new sense of confidence that the time is ripe for definite advance enlargement. These "going" activities are:

(1) The Intercollegiate School of Alcohol Studies for college students, held annually beginning in 1950. Of the eight so far held, three have been in Canadian colleges and universities, five in the United States, the last two at the University of Chicago in 1956, and Nebraska Wesleyan, Lincoln, in August 1957. The 1958 School is scheduled for Waterloo College, Waterloo, Ontario, next August. These schools are attended by student leaders and faculty advisers from various provinces and states each year.

(2) The Roberts Editorial writing awards, offering up to \$3000 in cash and scholarship prizes each year, encourage study, discussion and writing on alcoholic drink problems of immediate interest to thinking younger people of today. Limited to college students, often under faculty supervision, and direct instruction, they interest thousands of undergraduates. The theme "Alcohol and Safety" this past year brought more than 800 papers into the headquarters of the Association—definite entries. Others also were written.

(3) Fifteen or twenty of the highest standing student editorials are published annually and distributed among

the colleges of both countries through "THE INTERNATIONAL STUDENT". In this way practically every college library in North America receives copies—in addition to the writers themselves, faculty members, and students who attend the Intercollegiate Schools.

(4) "The International Student" program of the Association reports the activities, philosophy, study material and recent scientific and educational information useful in our fields, to student leaders, cooperating faculty members, contributors, students who have attended the summer schools or have written in the editorial program, thus coordinating our projects and strengthening the fellowship of those most interested in our purposes and program.

(5) A series of "New Understanding Monographs" or pamphlets on special and personal aspects of the problem of alcoholic drink that are of current interest, under such titles as "A Modern Approach to the Problems of Alcohol", "Alcoholic Release and Safety," and a new one this year, *The Life Story of an Alcoholic*—"From the Alcoholic to the Natural 'Way of Life'".

All of these projects, together with the more indefinite work of answering calls for literature, correspondence, raising of funds, and over-head necessities, have been carried on in recent years on a budget of \$12,000 to \$14,000.

With the strength that should follow our new sense of financial freedom—and funds tentatively available for 1958—the enlargement of our program is more promising than for years. We can plan safely at this annual meeting, seek cooperation of others interested in education on this problem and ask yet greater financial support. We can engage new and younger men to give their life-service to this cause with high confidence that they will carry on a more realistic program in the college field than has been possible for twenty-five or more years.

It is now possible to initiate and thoroughly test a program of direct service in college communities, with the cooperation of interested faculty members and student Christian organizations—a program that will include highly qualified speakers and young, recent stu-

dent leaders in campus one-to-three day institutes, forums, conferences, seminars—in a philosophy of approach and modern technique that will be acceptable and effective.

Such a program could be begun in 1958. With advance planning earlier in the year, and given study, examination and promotion at the Intercollegiate School in August, it would give those who attend something definite as a project to "take back home" to their colleges, a reasonable test during the autumn months—the most favorable time for such a test—and the results analyzed and revised at the next meeting of the International Council. The future then could be planned on experience.

With the lead of a younger secretary or executive to seek college cooperation, to visit and set up the campus programs, and to act as group leader and counselor, and after tests in selected colleges, this program has within it, great possibilities for the immediate future.

The Association has high experts among its own officers, King, Linton, Nissen, Womer; others can readily be secured. Local colleges, a few at least, will aid. But the key to any such program is the younger man who knows by recent experience, the difficulties, reactions and attitudes that will be met in the average campus situation of very recent years. For eighteen years several of us in the Association have had day-dreams of something like this. A fund to make this possible is NO LONGER A DREAM.

—Harry S. Warner, General Secretary

TO CORRECT AN ERROR IN the February International Student.

This time it is a joy to make the correction, for Amos Alonzo Stagg, at 95 years of age and after 70 years of football, is happy and active on the job of living at Stockton, California. For many years he has been a friend of the Intercollegiate Association.

REVIEW OF "ALCOHOL AND TRANQUILIZERS"

(Concluded from page 118)

As a basic attempt to meet the dependance now so prevalent on depressant drugs, and particularly alcohol, Dr. Bell suggests a re-examination of the "very roots of our modern way of life—its values, its purposes, its weaknesses and its strength." The correct answer to the alcohol problem, he believes will "shed new light on every psychological and social problem with which we are presently faced."

In suggesting such an examination he is decidedly realistic in his estimate of the size of the job. "If our governments can find billions in response to possible threats from without," he writes, "could they not find at least millions for known threats from within?"

He lays heavy responsibility on modern industry to add millions annually, and families having alcoholics or drug addicts to contribute toward the research that must be conducted on a scale large enough to be effective.

With a better understanding of how people come to depend on alcohol—the factors and forces that create these demands—and an adequate appreciation of the size of the problems, we will be able to count on educational programs, clinical procedures and public controls as effective preventive measures.

In this over-all research, Dr. Bell includes, with equal realism, study of the alcoholic industries and the drug houses as serious economic sources of the recent swing toward the excessive use of drugs and alcoholic beverages. His concern chiefly is with all the factors and forces in our modern life, personal, social and economic, that create these abnormal demands.

Alcohol addiction is one of the most devastating factors contributing to juvenile delinquency and the breakdown of the home. The real threat to our freedom comes from within—the deterioration in moral values, the failure to discipline ourselves to decent and healthful living.—Judge Luther W. Youngdahl of the United States district court in Washington, D. C.

*As early leaders
in Britain saw it*

"Drink In The Lives Of Men"

By L. G. Le Quesne, M.A.

IT WAS NOT simply care for their own bodies or the inherent qualities of alcoholic liquor, which stirred men like Father Matthew, Frederick Charrington and Rudyard Kipling.

Mathew turned his whole life into a great mission to free Irishmen from drunkenness; Charrington, the son of a wealth brewer, renounced his fortune, and Kipling became a prohibitionist, **because they saw what drink was doing in the lives of men and women.**

They did not bother their heads with dialectic inquiries whether drink was "wrong in itself."

They saw what in fact it was doing among their fellow men and decided with Paul that it was not good to do anything whereby their brethren stumbled.

The principle which inspired these early leaders is the principle of all Christians living love of neighbors. That principle should be the same today. We cannot escape this issue by saying, as people so often do, that any habit becomes a peril if carried to excess. The answer is plain: Yes—and when a habit is carried to excess as widely and disastrously as is drink, it is time to fore-swear it for the sake of others.

If you take your glass of beer on special occasions, or just a glass of port on Christmas Day, you are part of the demand which is helping to put alcohol within the reach of all to whom it will bring trouble.

You are recommending by your example a habit which you can control, but thousands cannot.

Condensed from a bulletin of the Temperance Council of the Christian Churches of Great Britain, London.

At The International Level

How Far Can It Spread?

FORMER BRITISH Prime Minister, Sir Anthony Eden, replying to a question in the House of Commons, expressed intense personal distaste for international cocktail parties. He is reported to have said, "You cannot hate them more than I do."

"How strange that anyone, particularly Cabinet Ministers, should cling to the fallacy and fantasy that alcohol is the lubricant to smooth away international discord," writes Wilfrid Winterton, a well known writer. And Dr. T. J. Honeyman, Ernest Winterton Memorial Lecturer (1957) said that "When nations get together, a dash of vodka, some Napoleon brandy, and a shot of rye whisky might be added in the interests of international peace!"

The American magazine **Time**—of world repute—has named Krushchev as its "man of the year," commenting, "Not since Alexander the Great has mankind seen a despot so willingly, so frequently, and so publicly drunk."

Testifying before the United States Senate internal security sub-committee, 1954, John C. Caldwell, former acting director of U. S. Information Service in China, said:

"The heavy drinking cocktail type of society encouraged by the State Department abroad is playing into the hands of Communist propagandists in Asia."

An American spokesman said:

"A good case has been made by eye witnesses to the effect that excessive drinking was responsible for much of the humiliating military and diplomatic defeats suffered by the United States at such places as Pearl Har-

Condensed from *Research Student Service* and *The International Record*, London, England, January-March, 1958.

bour and Yalta. Several highly placed Government officials are on record that the cocktail circuit in Washington is a definite and measurable threat to the security of the nation."

General Marshall, when asked what was the weakest link in national security, replied, "The cocktail room of Hotel Mayflower in Washington." It is disturbing to know that the highest per capita consumption of alcohol in the nation is in the nation's capital.

George F. Kennan, former United States Ambassador in Moscow, in "Realities of American Foreign Policy," published in November, 1954, adds confirmation to this view:

"Soviet hostility to us is bitter and deep. We must not be moved by silly suggestions that this hostility might be made to disappear if some of our top statesmen made themselves personally agreeable to the Soviet leaders. The hostility will not vanish by means of 'the cocktail and vodka glass.'"

Writing in the "Ottawa Citizen," Bruce Hutchison says:

"There can be no doubt that the diplomatic cocktail party, designed to bring foreign nations together, must send the diplomats home loathing their hosts and almost ready to end this monstrous spectacle by dropping a hydrogen bomb before the next night's engagement. No wonder there is no peace in the world; only a warm war, heated by alcohol.

"I am not referring to the obvious physical effects which are bad enough, but to the spiritual effects which are much worse—the effect, I mean, of turning man against man and reducing the sacred human personality to a noisy and disagreeable caricature. I defy any man, even the most benign, sensitive and social, to associate with anybody at a cocktail party."

India has banished alcohol from state functions, yet makes a concession to Western diplomats. The enslavement of the West by alcohol would seem to be taken for granted: if France is a criterion, this may be so. Alcohol impairs the judgment and warps the vision of minister

drunks; we give lectures and make known the future and president. What the British Highway Code says about Alcohol even in small amounts, making one less safe on the roads, is no less applicable to those travelling the international highroad where goodwill and peace must be guarded.

Spreading The Influence

of the Intercollegiate Schools

THE KNOWLEDGE I gained while attending the Intercollegiate School in Chicago, August 1956, has been of tremendous value to me. I have had three months in the psychiatric department of the hospital in which I am a student nurse. The information received through discussions and lectures I found very beneficial as I ministered to, especially, the alcoholic patient. I hope there will always be such schools for college students to attend.

—Clementine C. Sadler, Medical College of
Virginia Hospital, Richmond, Va.

“WONDERFUL” is the only English word that Miss Ozen Akbiyk of Istanbul, Turkey, could use to express adequately her impressions of the Intercollegiate School of Alcohol Studies, that she attended at Nebraska Wesleyan University last August, 1957.

The people she met she says were “as fine as I could hardly imagine . . . their friendship. And the problems we studied gave me lasting profit, I learned so much; the life story of the lady member of A.A., especially; and the knowledge I got from the high-standing lecturers was a useful source for my report that I sent back to Turkey.” (This report was published, with a reproduction of the certificate she received at the School as a three-page article in **Yesilay**, a journal of culture in Istanbul, of which Prof. Dr. F. K. Gorkay is editor.)

“In Turkey I am a member of a similar movement, we call **The Green Crescent**. Our purpose is to keep people from getting drunk. We of Green Crescent do

not drink any kind of alcohol; each seeks to aid the miseries that threaten those who do. Our students organize picnics, dances, plays and other activities.

"I can never forget the day I received an invitation from Rev. and Mrs. John Linton, whom I met in Istanbul two years ago, to attend this 1957 Intercollegiate School. All summer long I dreamed of what it would be. I was not disappointed."

(Miss Ozen Akbiyk is a student in Education at State Teachers College, Kirksville, Missouri, preparing for special service in her homeland.)

Ontario Agricultural College, Guelph; Waterloo College, Waterloo; MacMaster University, Hamilton and Emmanuel Theological College, Toronto, have had lectures and conferences on the Modern World Problem of Alcohol led by Rev. John A. Linton, during the winter months. Mr. Linton will be a leading speaker at the August Intercollegiate School of Alcohol Studies.

In earlier months, speaking engagements and group discussions by Mr. Linton, Vice President of the Intercollegiate Association, included the University of Toronto; Carleton University, Ottawa; Presbyterian College; McGill University, Montreal; and Sir George Williams College, Montreal.

Dr. Wayne W. Womer, a speaker at the coming Intercollegiate School of Alcohol Studies at Waterloo College in August has been speaking on the problem and leading student groups in South Eastern College. Since January the colleges sponsoring one-day clinics in which he has participated are the University of North Carolina, Chapel Hill; the Woman's College of North Carolina, Greensborough; and Randolph-Macon, Lynchburg, Va.

Alcohol. . . makes drunkards out of one of every 15 or 20 social drinkers, said Dr. Andrew C. Ivy, quoting figures from investigations at Yale University.

How Did They 'Get That Way'?

An estimated 70 million adults in the United States drink, and 4.5 to 5 million of them are alcoholics. There has been an alarming increase in alcoholism since 1940.—Quoted on Columbus Town Meeting, by Municipal Judge, December 9, 1957.

The heavy drinking cocktail type of society encouraged by the State Department abroad is playing into the hands of the Communist propaganda in Asia.—John C. Caldwell, former acting director of United States Information Service in China.

Crusade for Health, Canadian National Health Week folder of 1958, includes Alcoholism as of fundamental concern. It says:

"Alcoholism has more than doubled in the past ten years in Canada. One out of every 50 Canadians is an alcoholic. An alcoholic runs three times the risk of death a normal person does. There are five times as many alcoholics in Canada as there are persons with tuberculosis. There are only five countries in the world with a higher rate of alcoholism than Canada. Alcoholics lose 18.7 days from work every year, or twice as many days as a normal worker."

It is a social fact that in 1956 drunkenness convictions in England and Wales increased by approximately 11 per cent, and totalled 60,140 as against 54,210 in the previous year.—Alliance News, London, Aug. '57.

Ten Billion Five Hundred Million Dollars was spent for all alcoholic beverages in 1956, United States Internal Revenue. This does not include "bootleg."

The Gallup Poll for 1956 reports: 61,200,000 Adults drink, and 40,800,000 Adults abstain.

Drunkenness has increased by 63 per cent in Swedish cities since October, 1955, when restrictions on liquor purchases were removed. In Stockholm the increase has amounted to 230 per cent.—News Report from Stockholm.

Delinquents are made, not born, said Judge Clayton W. Ross of Franklin County Domestic Relations Court, in a Town Meeting Panel discussion in Columbus, Ohio, recently. Emotional weaknesses may be inherited, he said, but conditions and environment are responsible for youth going astray.

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FEATURES IN THE APPROACH

Of the Intercollegiate School of Alcohol Studies
Waterloo College, Kitchener—Waterloo, Ontario,
August 23 - 28, 1958

Purposes

The School is intended to help participants—

- Gain a scientific understanding of the current problems resulting from the use of alcoholic beverages.
- Recognize an objective approach to these problems.
- Make intelligent decisions as to personal and social attitudes.
- Develop thinking toward constructive action.

Basic Information Daily

On all currently vital aspects of the problem
Its sources, significance, dangers, complexities

"Scope of the Problem"

"Alcoholism and the Alcoholic"

"Drink in the Technological Age"

"College Campus Problems"; counseling, discussion

Visit to a night session of Alcoholics Anonymous

GROUP SEMINARS daily

FILMS each evening

Closing Night Banquet

A Week for College Students

The School is open to college students and their leaders; to faculty members, counselors, and religious and welfare workers in colleges.

Freedom of discussion is basic in the learning process of the School. Student participation throughout the priority in discussion are features of the week.

This School faces the Problem of Alcohol from two collegiate angles—the campus interests of students and their future as citizens, and the basic problems of alcohol in current society.

For Information Folder write—

Intercollegiate Association

12 N. Third St.

Columbus 15, Ohio

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